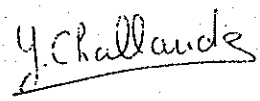
Préface

Ce livre de méthodologie a été crée afin de vous aider à la pratique de la corde lisse et du tissus, cependant, nous vous recommandons d'être très prudents dans la réalisation des figures. Certaines sont difficiles et peuvent être dangereuses pour les personnes manquant d'expérience. Il serait judicieux, si vous n'avez pas la possibilité de vous faire longer, de disposer d'un bon tapis de chute.

Nous avons répertorié le maximum de figures, mais il en existe d'autres. Nous vous conseillons de laisser place à votre imagination afin d'en inventer qui soient adaptées à votre personnalité.

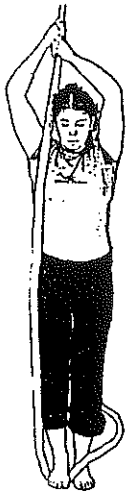
Je remercie toutes les personnes qui m'ont aidée à la réalisation de cet ouvrage, en particulier les élèves de la formation spectacle et professionnelle du Théâtre-Cirque et Maud Faes.

Yvette Challande

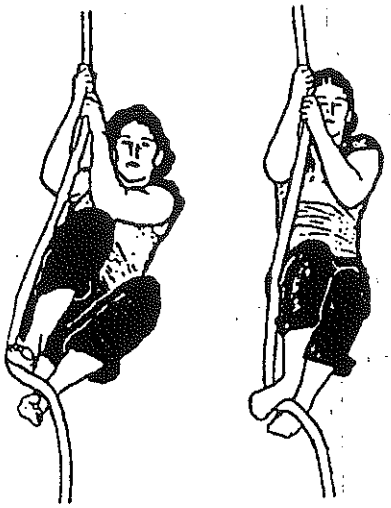


Les Montées

Les Montées



Montée de Côté 1



Montée de Côté 2

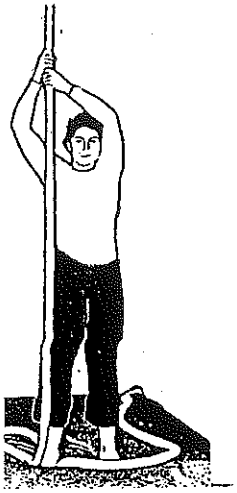
Montée de Côté 3

Montée à l'Envers 1

Montée à l'Envers 2

Montée à l'Envers 3

Les Montées



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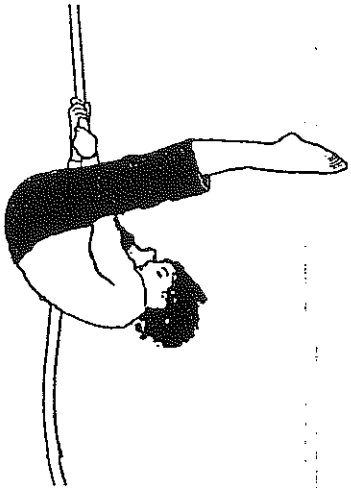

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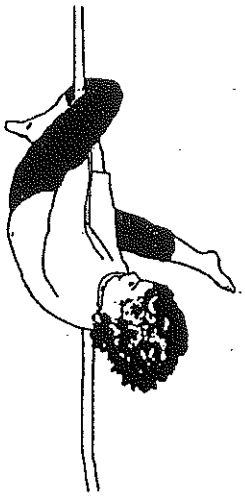
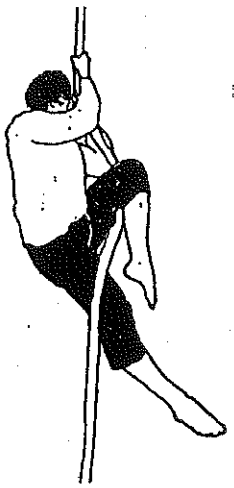


Montée Demi-Renversé 3

ıntée Demi-Renversé 4



Montée Demi-Renversé 5

Montée Demi-Renversé 6

Les Montées

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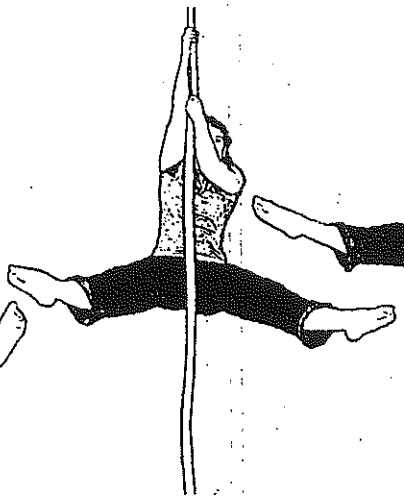

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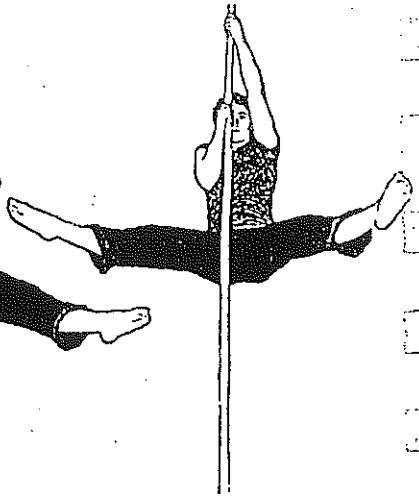

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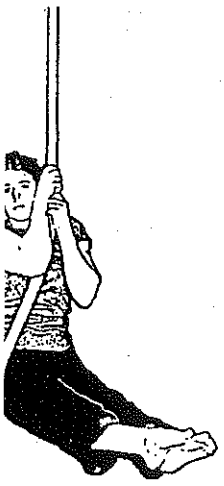

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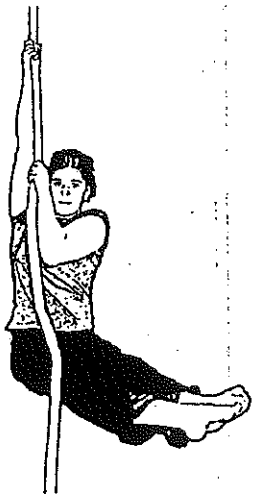
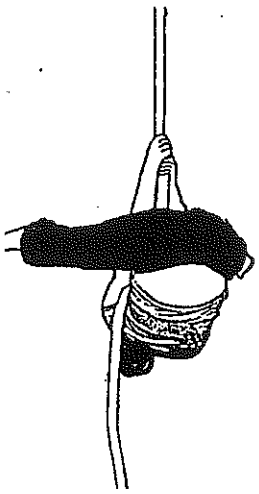


Montée en Force Equerre 2

Montée en Force Equerre 3

Les Montées



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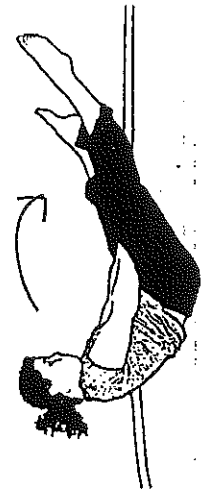


Montée Balancée 2

Montée Balancée 3

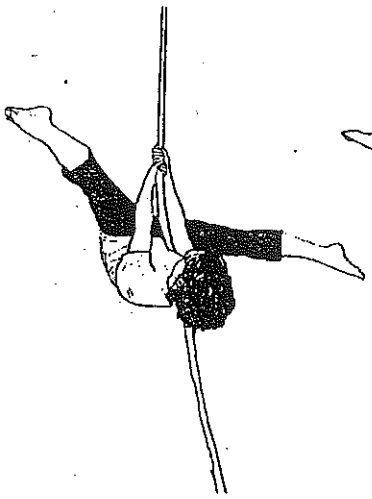
Montée Balancée 4

Montée Balancée 5

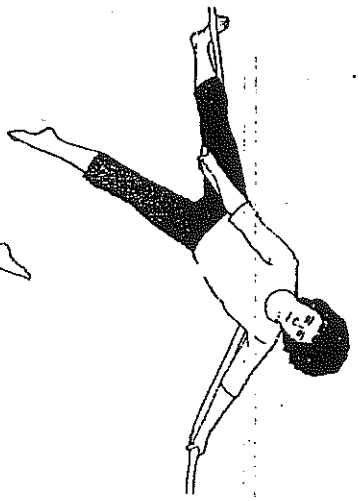
Montée Balancée 6

FIGURES STATIQUES

Figures Statiques
(De Flèche ou Grenouille)



Préparation Perroquet 1



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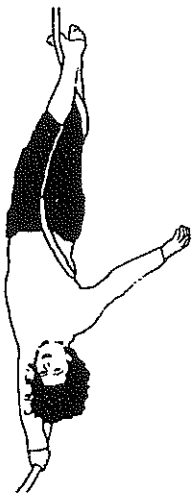
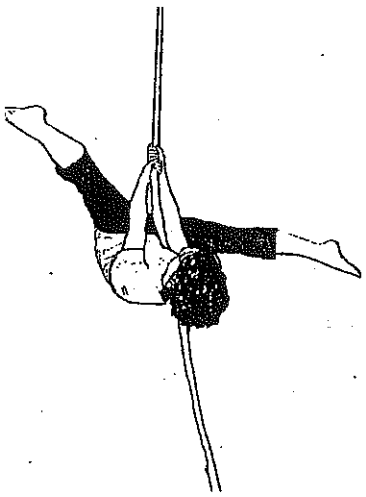


Perroquet



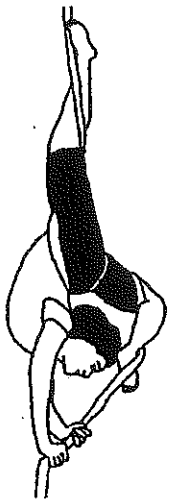
Préparation Perroquet Jambe Pliée 1 et 2

Perroquet Jambe Pliée

FIGURES STATIQUES
(De Flèche ou Grenouille)

Préparation Grenouille Tendue

Grenouille Tendue

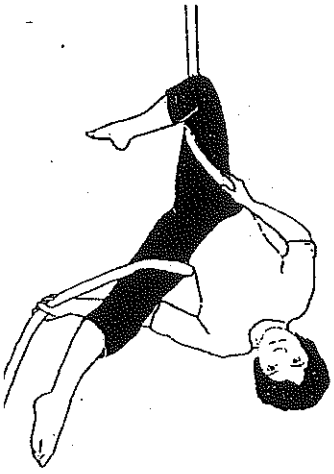


Grenouille Souplesse

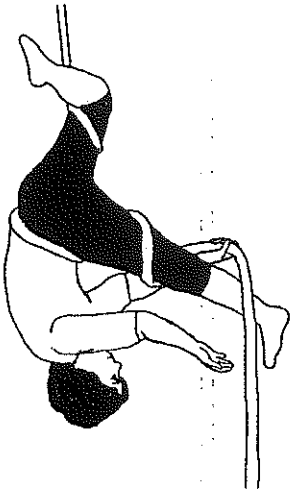
Préparation Pantin

Pantin

Figures Statiques
(De Flèche ou Grenouille)



Grenouille (Page 19)

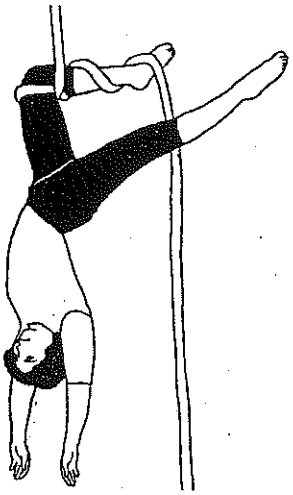


Préparation Enroulé Jarret Fanny 1

Préparation Enroulé Jarret Fanny 2

aration Enroulé Jarret Fanny 3

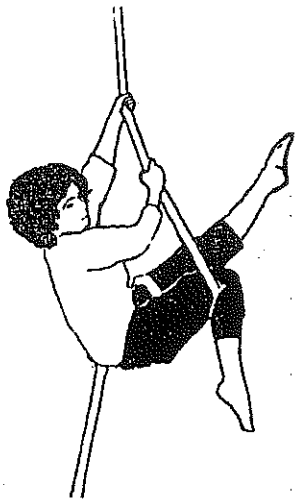
Préparation Enroulé Jarret Fanny 4



Enroulé Jarret Fanny

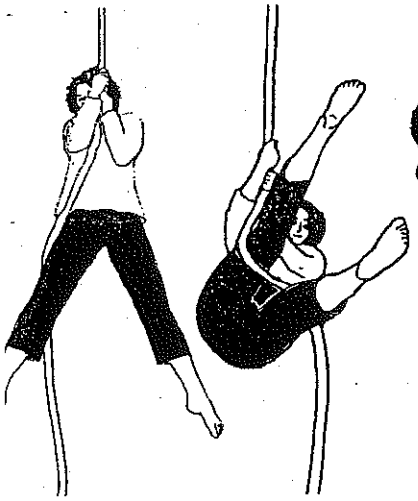
FIGURES STATIQUES
(De Ciseau)

paration Ciseau de Flèche 1



Préparation Ciseau de Flèche 2

Ciseau de Flèche



Préparation Ciseau 1 et 2

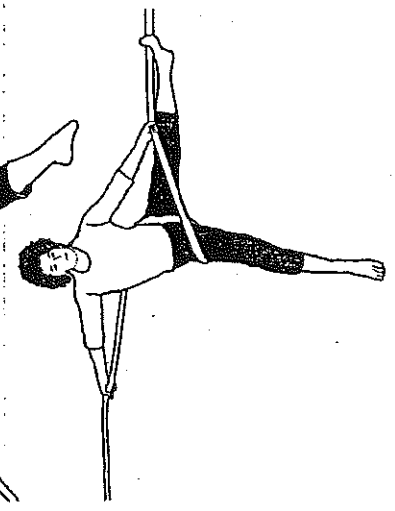
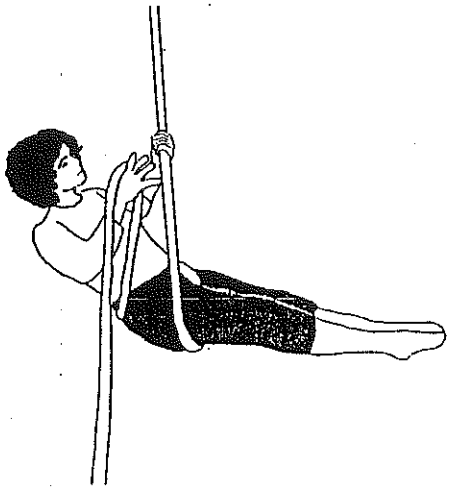


Planche Grand L de Ciseau

Figures Statiques
(De Ciseau)

Ciseau (Page 26)



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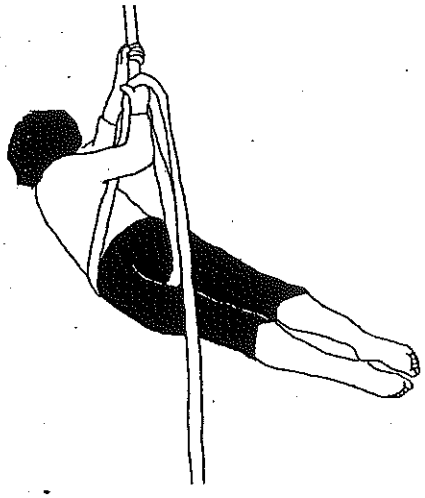

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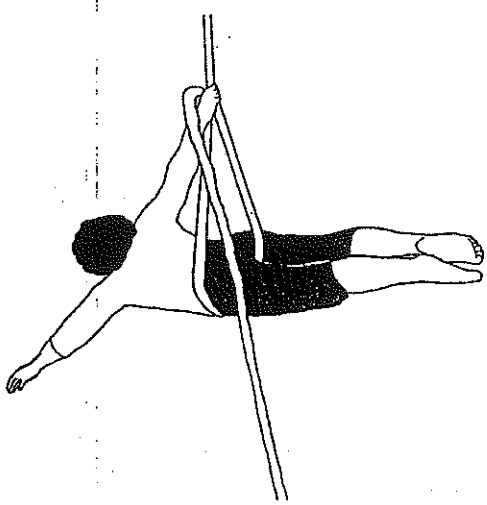
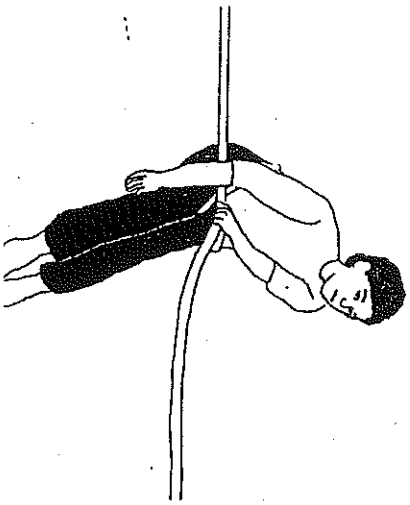


Planche de Ciseau

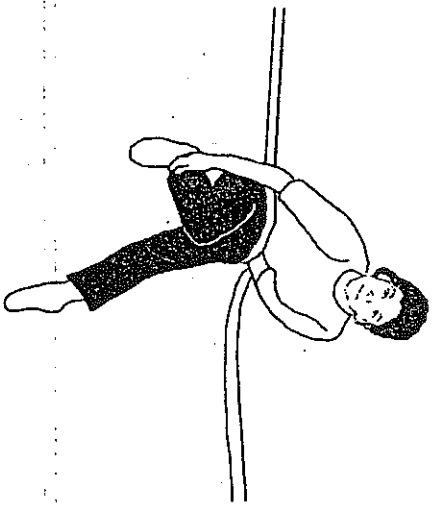
Figures Statiques
(De Ciseau)

Préparation Enroulé Christine 1

Préparation Enroulé Christine 2

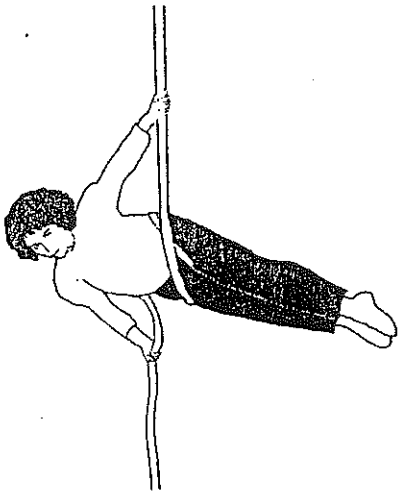


Préparation Enroulé Christine 3



Préparation Enroulé Christine 4

FIGURES STATIQUES
(De Ciseau)



Ciseau (Page 26)

Préparation Planche Oiseau 1

Préparation Planche Oiseau 2

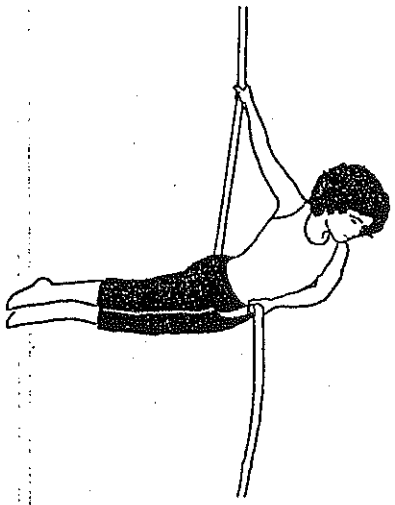


Planche Oiseau

FIGURES STATIQUES
(Départ Simple)

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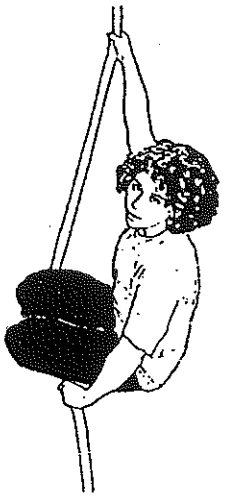
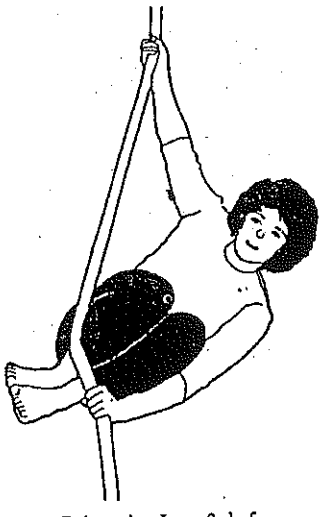
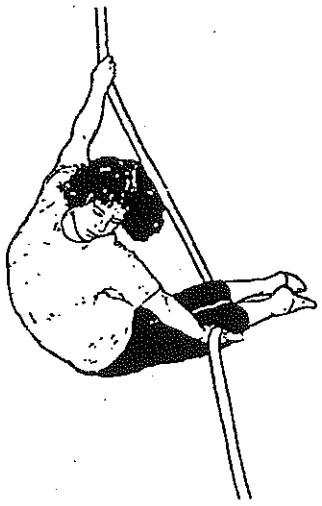


Préparation Lune 2 de profil

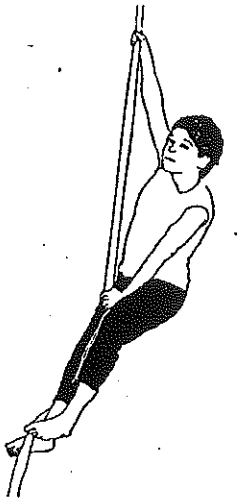


Préparation Lune 2 de face

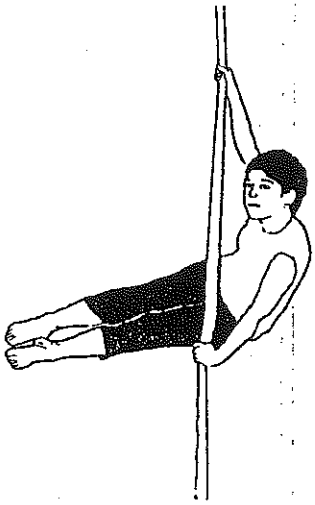


La Lune

FIGURES STATIQUES
(Départ Simple)



aration Assis Jarrets Jovlène 1



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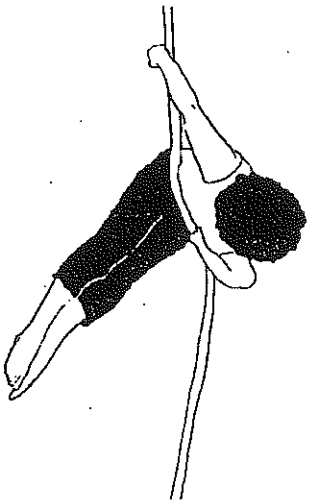
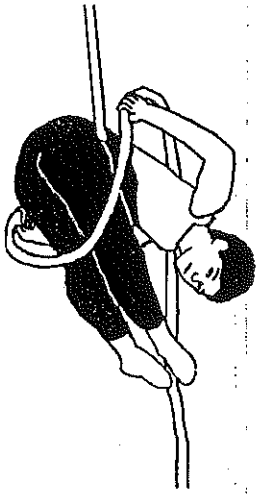


Préparation Assis Jarrets Jovlène 3

ıration Assis Jarrets Jovlène 4



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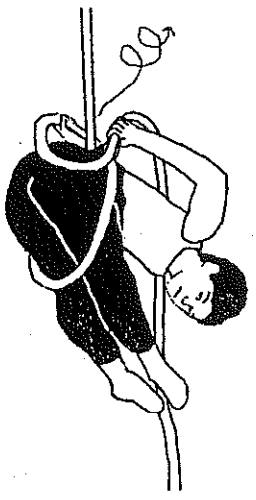
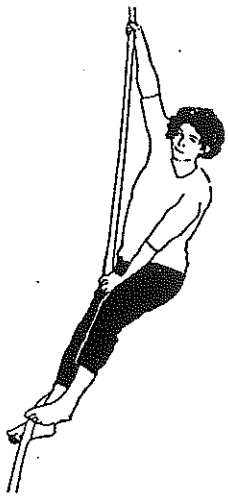
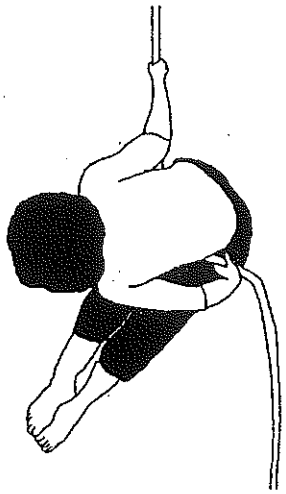


Préparation Assis Jarrets Jovlène 6

FIGURES STATIQUES
(Départ Simple)



Préparation Equerre Sapho 1



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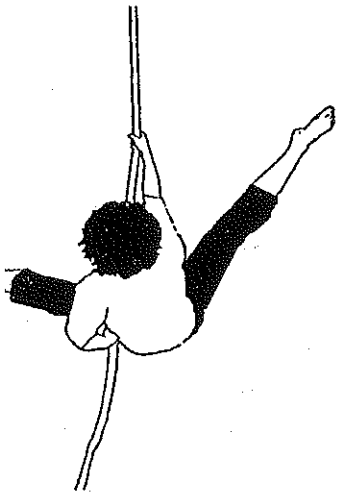
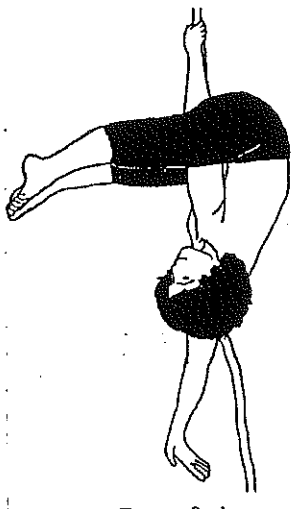


Préparation Equerre Sapho 3

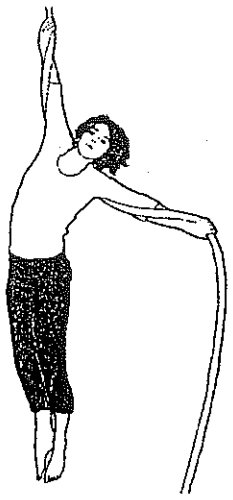


Equerre Sapho

FIGURES STATIQUES
(Départ Simple)

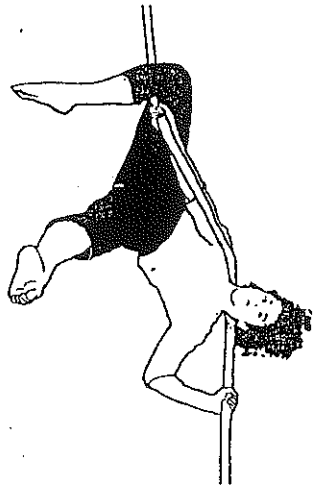
réparation Faux Drapeau 1

Préparation Faux Drapeau 2

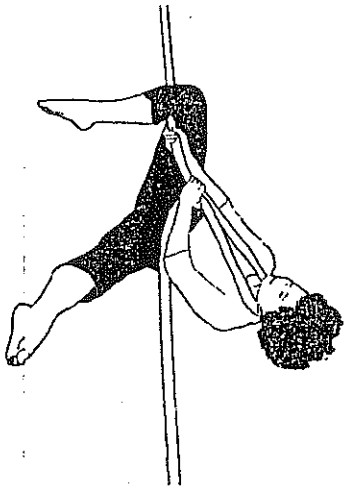


Faux Drapeau

FIGURES STATIQUES
(Nuque)



Préparation Nuque 1



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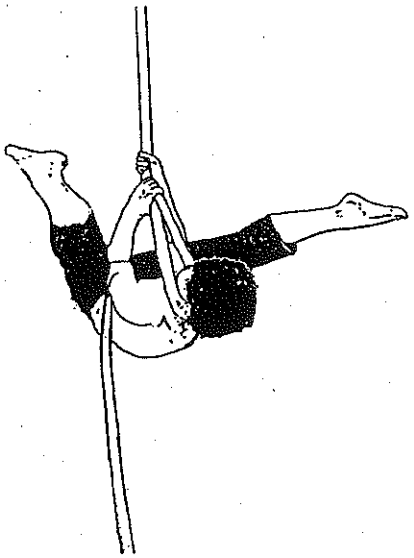
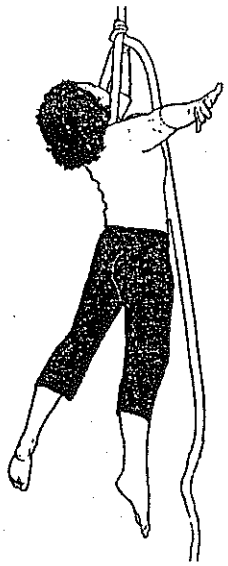


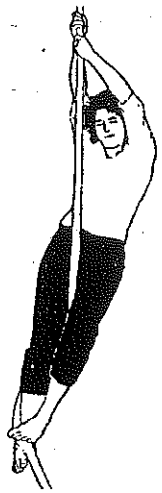
Préparation Nuque 3

Préparation Nuque 4

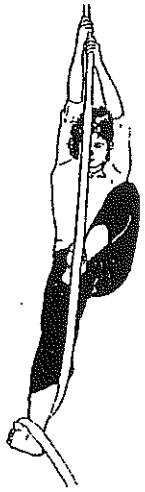


Nuque

Figures Statiques
(Clef de Pied)



Préparation Clef de Pied 1



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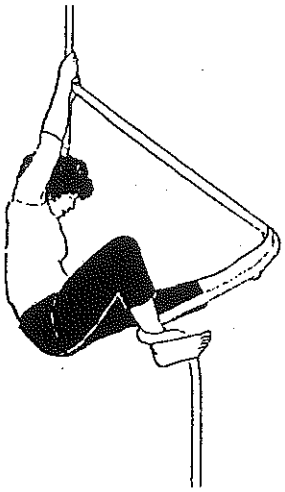
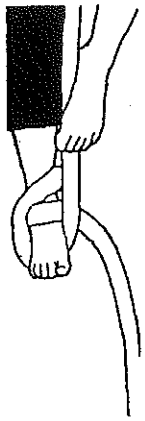


Préparation Clef de Pied

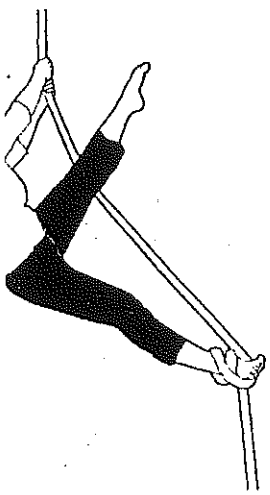
Préparation Clef de Pied 4

Clef de Pied

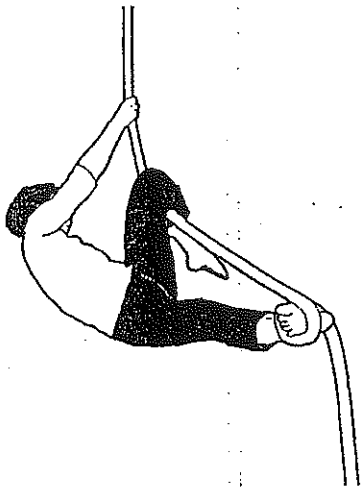


Clef de Pied

FIGURES STATIQUES
(Clef de Pied)

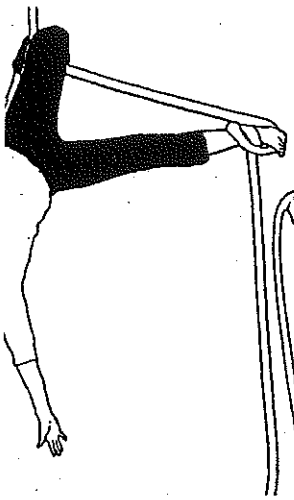


aration Clef de Pied (Page 44)



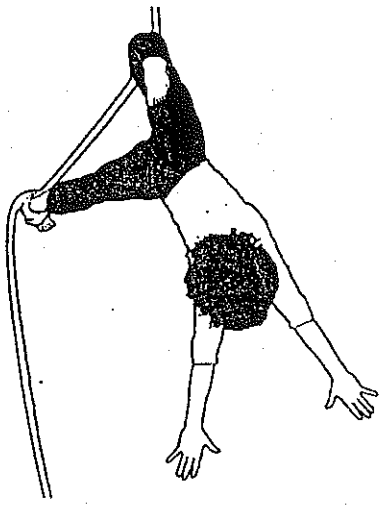
Préparation Clef de Pied Drapeau 1

Préparation Clef de Pied Drapeau 2



de Pied Drapeau Face

Clef de Pied Drapeau Dos

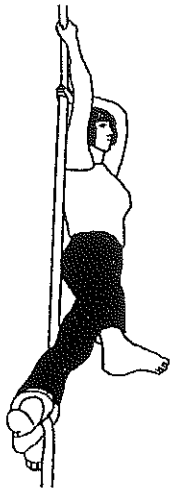


C lef de Pied Drapeau sans Main

FIGURES STATIQUES
(Clef de Pied)

Clef de Pieds (Page 44)

Préparation Grand V Enroulé 1

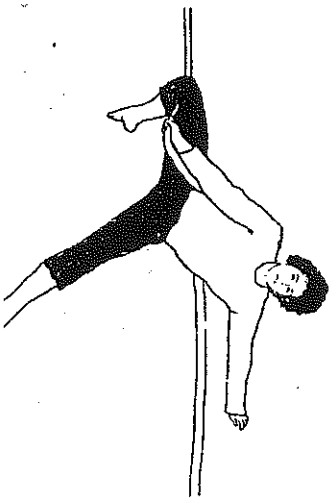


Préparation Grand V Enroulé 2

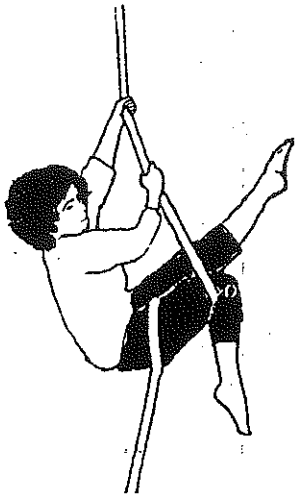
Préparation Grand V Enroulé 3

Préparation Grand V Enroulé 4

FIGURES STATIQUES
(Enroulés)



Préparation Faux Ecart 1



Préparation Faux Ecart 2

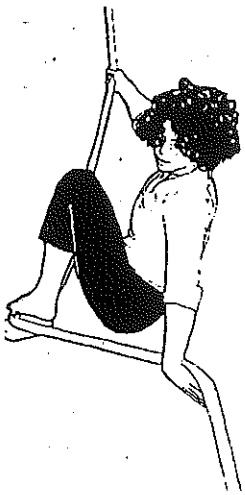
Préparation Faux Ecart 3

Préparation Faux Ecart 4

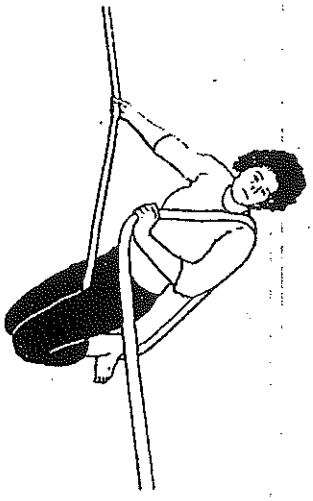
Préparation Faux Ecart 5

Faux Ecart

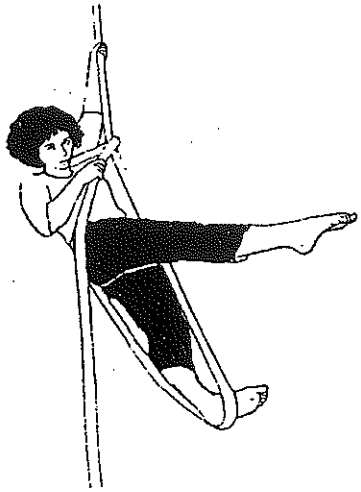
FIGURES STATIQUES
(Enroulés)



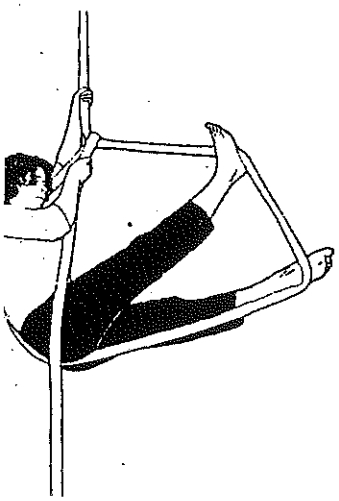
Préparation Berceau 1 (Dos)



Préparation Berceau 2 (Dos)

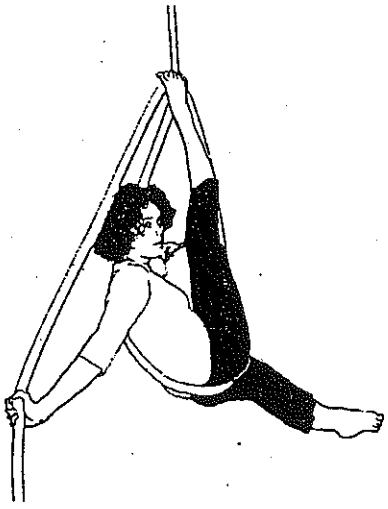


Préparation Berceau 3 (Face)



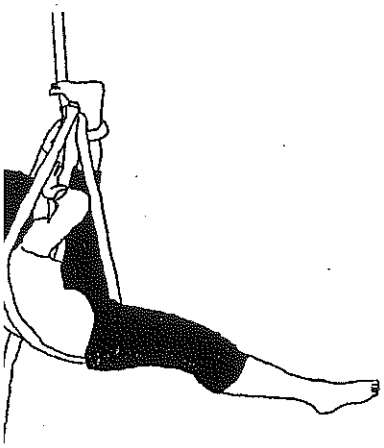
Préparation Berceau 4

Préparation Berceau 5

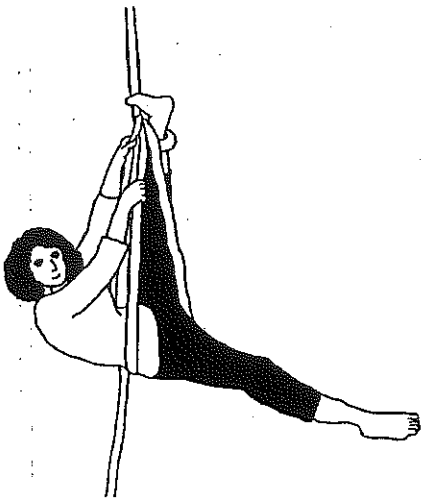


Berceau

FIGURES STATIQUES
(Enroulés)



éparation Berceau enroulé Souplesse 1



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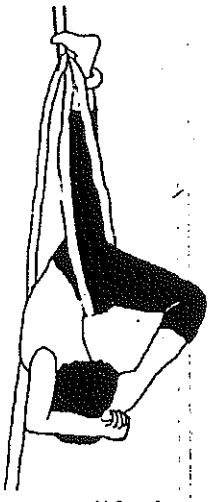
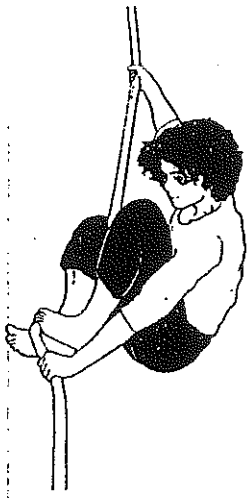


Berceau enroulé Souplesse

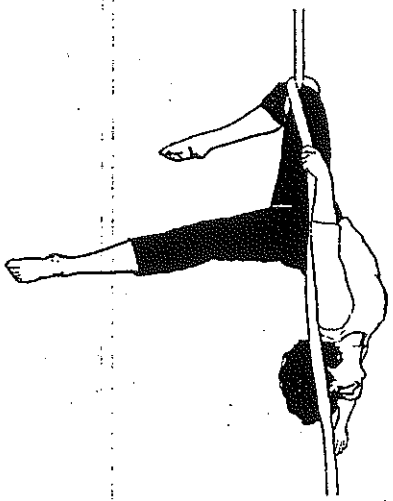
Figures Statiques
(Enroulés)

Préparation Un Jarret Enroulé 1



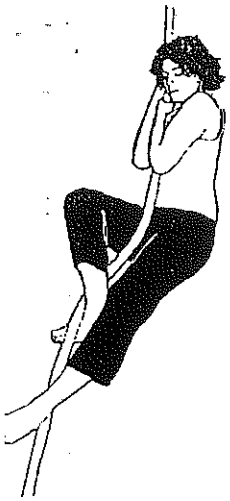
Préparation Un Jarret Enroulé 2

Préparation Un Jarret Enroulé 3



Un Jarret Enroulé

FIGURES STATIQUES
(Enroulés)



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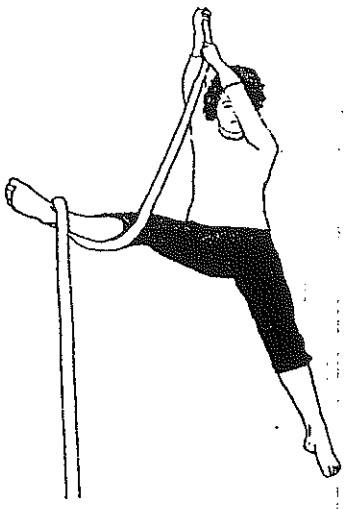

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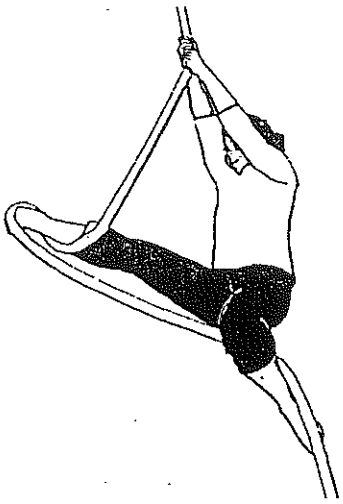
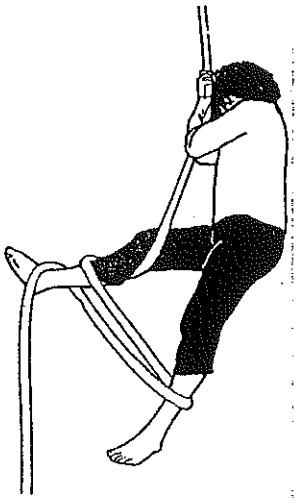


Préparation Grand Monsieur 3

Préparation Grand Monsieur 4



Préparation Grand Monsieur 5

Préparation Grand Monsieur 6

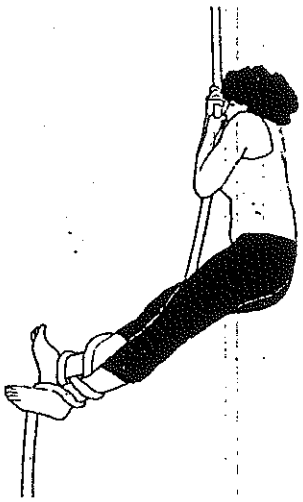
FIGURES STATIQUES
(Enroulés)

:paration Huit aux Pieds 1

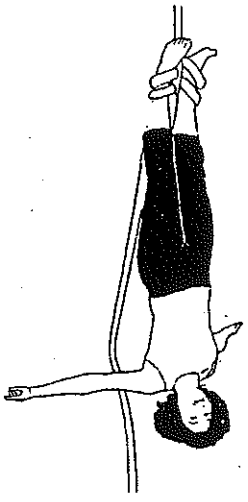
Préparation Huit aux Pieds 2

Préparation Huit aux Pieds 3

Préparation Huit aux Pieds 4



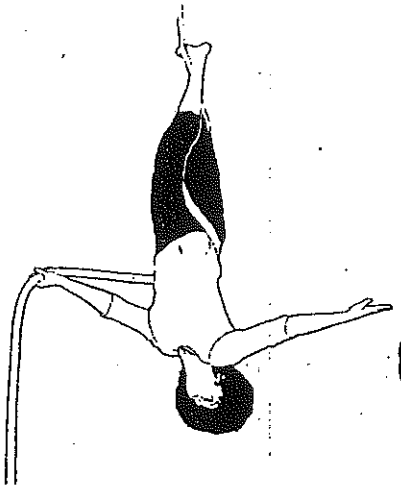
Préparation Huit aux Pieds 5



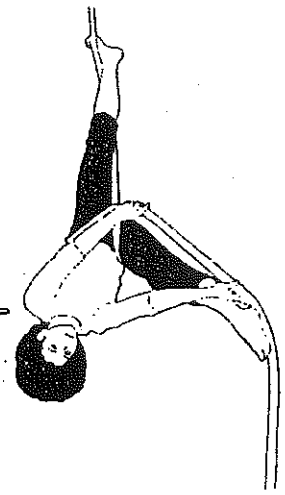
Huit au Pieds

FIGURES STATIQUES
(Les Planches)

réparation Etoile Marie-Soleil 1

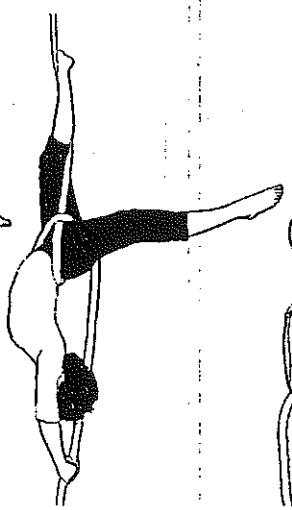


Préparation Etoile Marie-Soleil 2

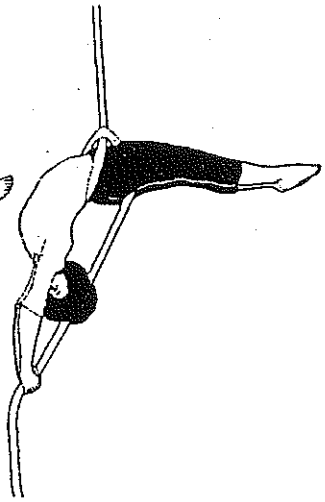


Préparation Etoile Marie-Soleil 3

Préparation Etoile Marie-Soleil 4



Préparation Etoile Marie-Soleil 5



Etoile Marie-Soleil

FIGURES STATIQUES
(Les Planches)

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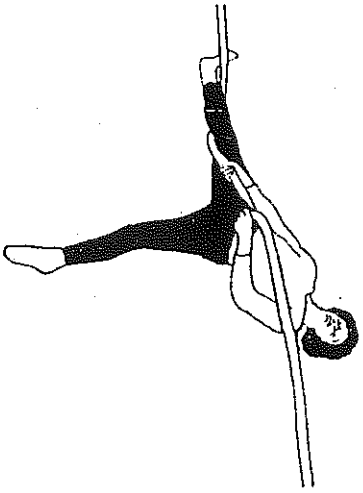

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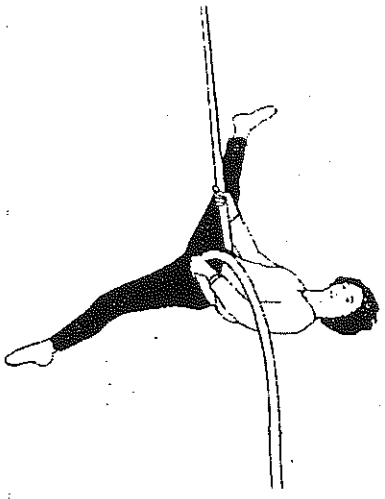

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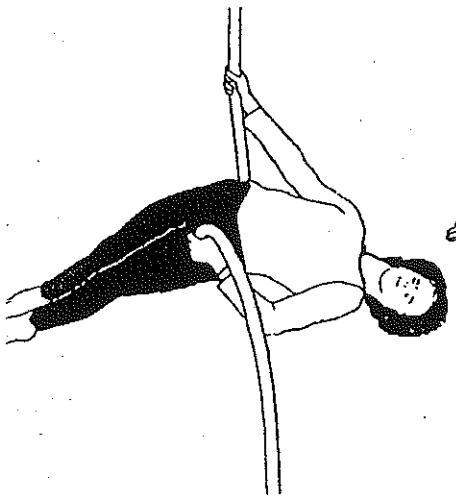


Planche Dos de face

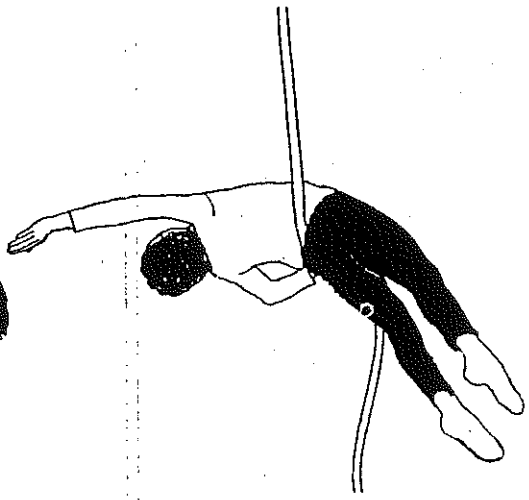
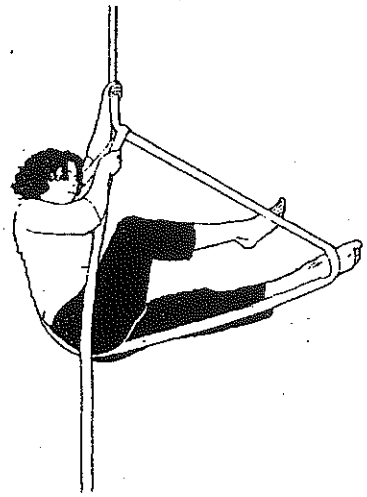


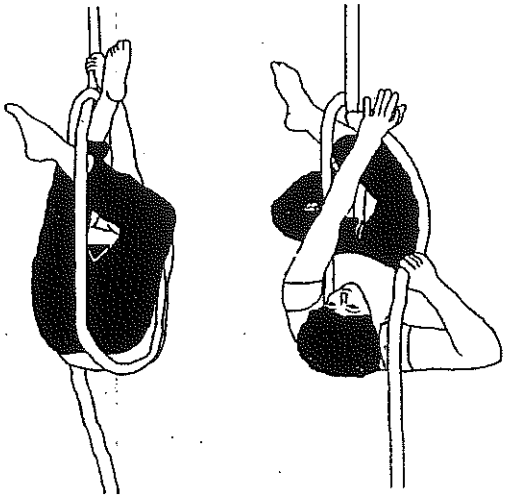
Planche Dos de dos

Figures En Mouvements

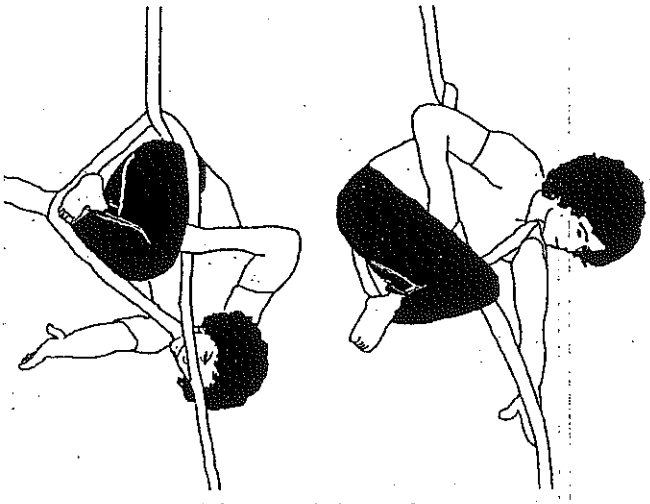
Figures en mouvement



Préparation Roulade Berceau Arrière 1 (Page 52)



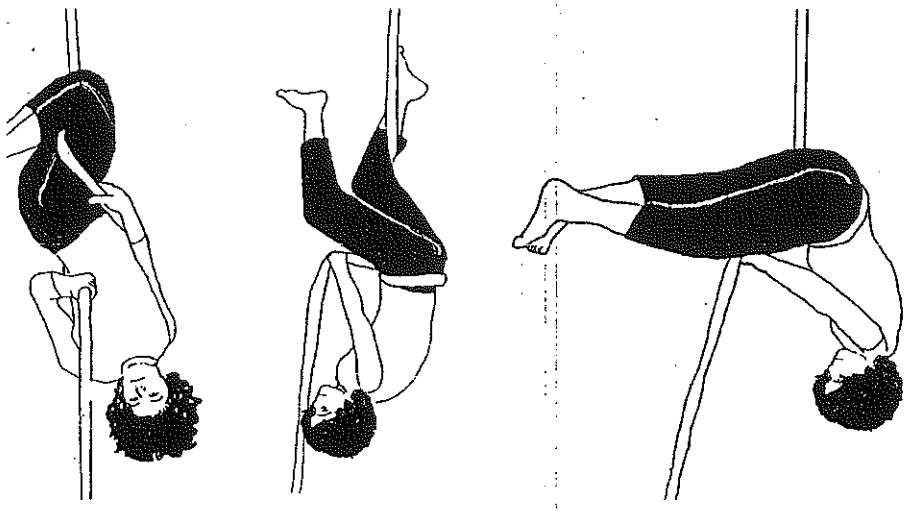
Préparation Roulade Berceau Arrière 1 et 2



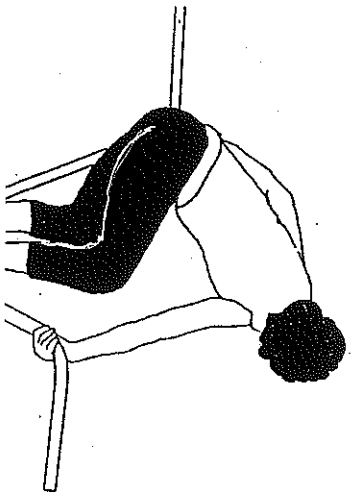
Roulade Berceau Arrière 1 et 2

Roulade Berceau Arrière fin

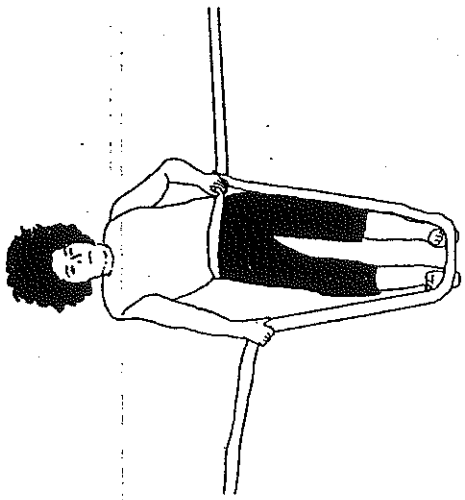
FIGURES EN MOUVEMENT



Préparation Drapeau Avant Déboulé 1, 2 et 3

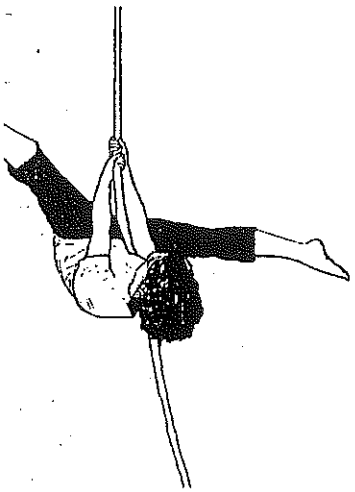


aration Drapeau Avant Déboulé 4

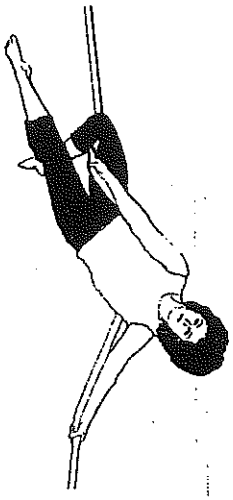


Drapeau Avant Déboulé

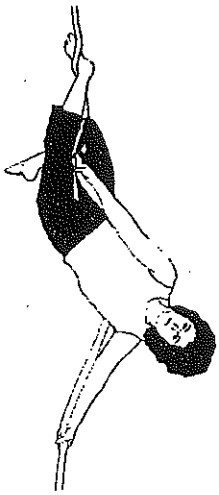
FIGURES EN MOUVEMENT



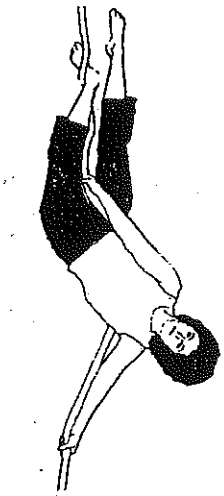
réparation Déboulé 1



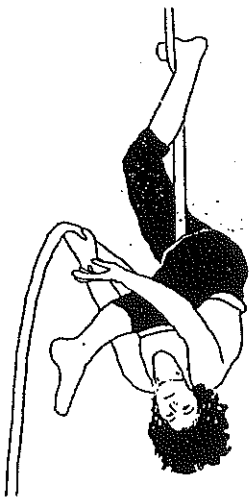
Préparation Déboulé 2



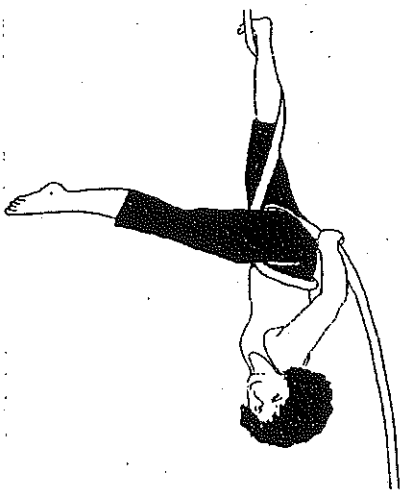
Préparation Déboulé 3



Préparation Déboulé 4

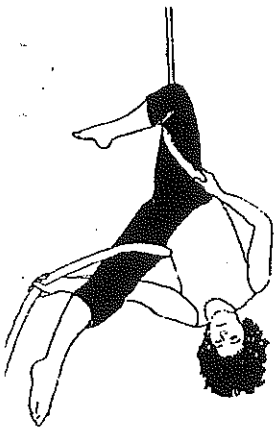


Préparation Déboulé 5

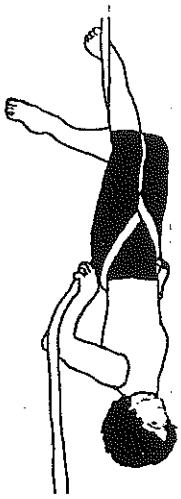


Préparation Déboulé 6

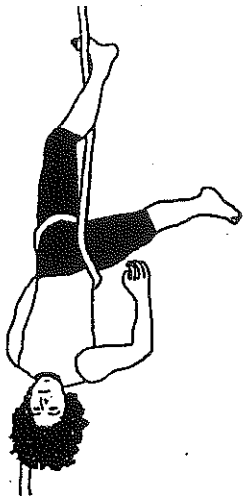
FIGURES EN MOUVEMENT



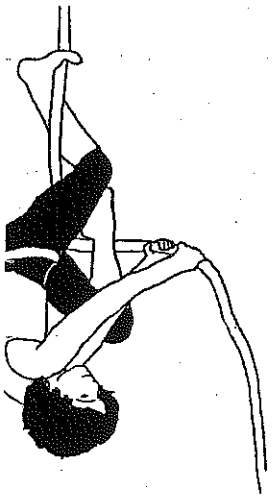
'réparation Déboulé sans Mains 1



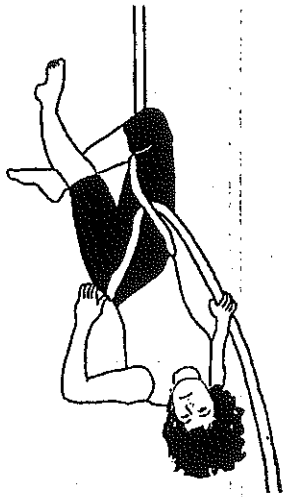
Préparation Déboulé sans Mains 2



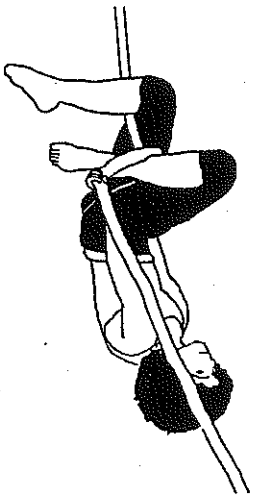
Préparation Déboulé sans Mains 3



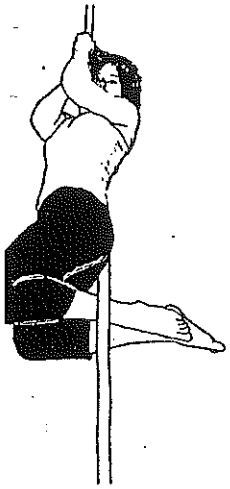
:paration Déboulé sans Mains 4



Préparation Déboulé sans Mains 5

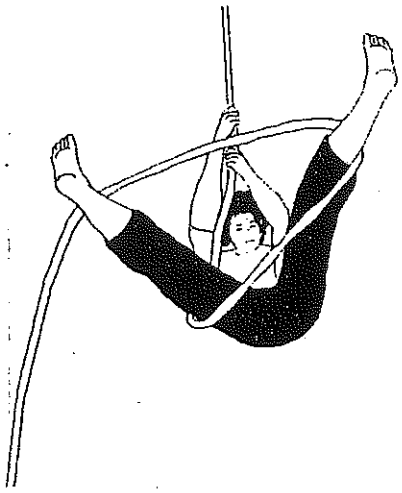


Préparation Déboulé sans Mains 6

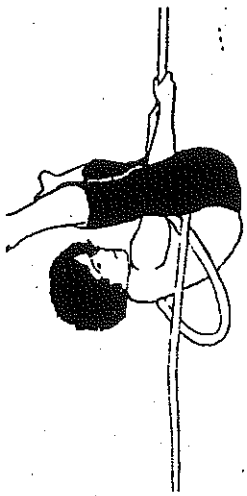


paration Déboulé Direct 1

Préparation Déboulé Direct 2



Préparation Déboulé Direct 3



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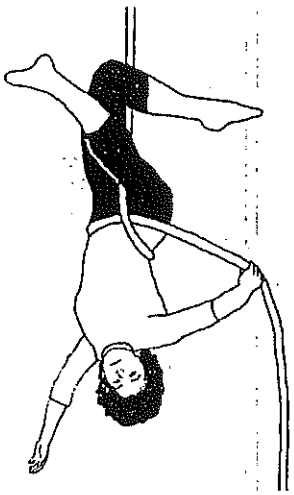

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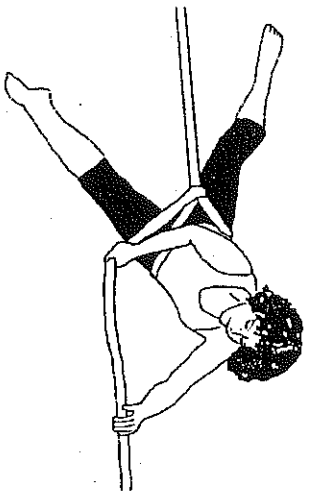
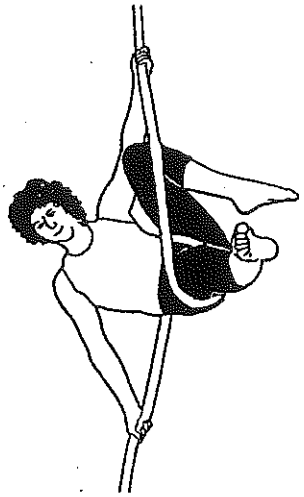


Puis Déboulé (Page 73)

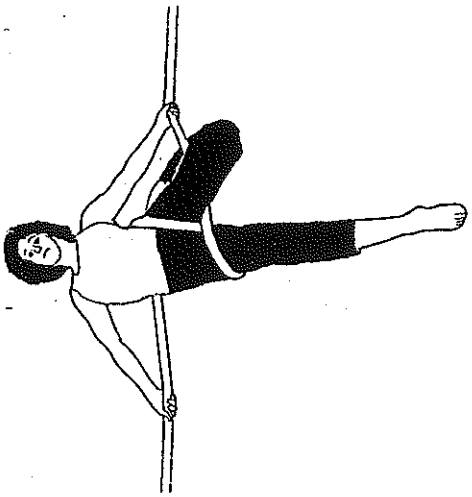
Les Chutes

Les Chutes
(De Ciseau)

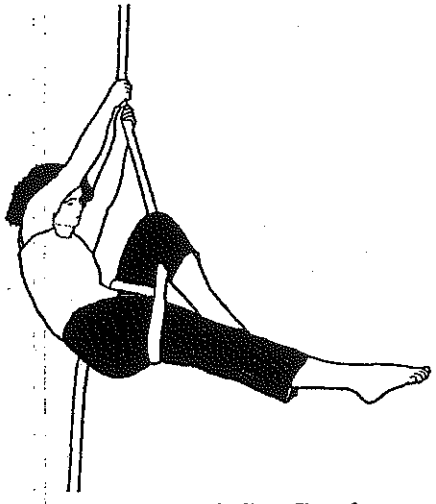
Ciseau (Page 24)



Préparation Grande Chute Ciseau 1



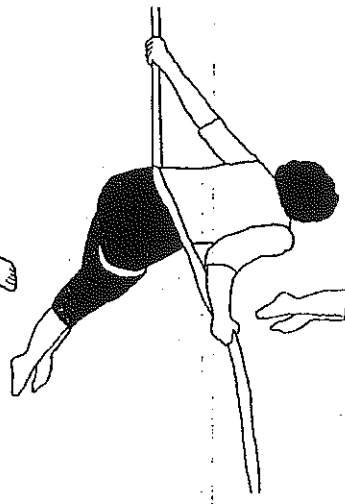
Préparation Grande Chute Ciseau 2



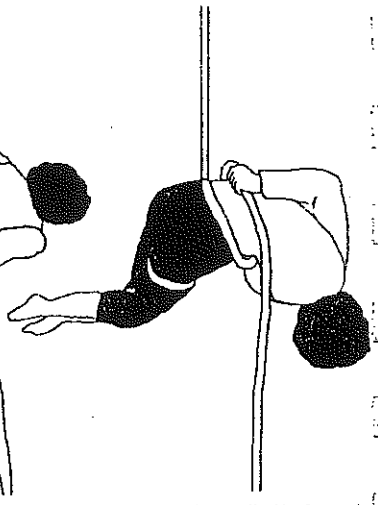
Préparation Grande Chute Ciseau 3

Les Chutes
(De Ciseau)

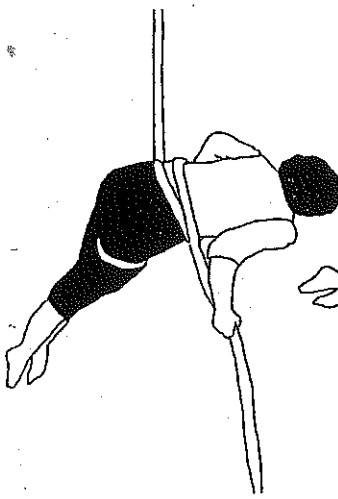
Ciseau face (Page 26)



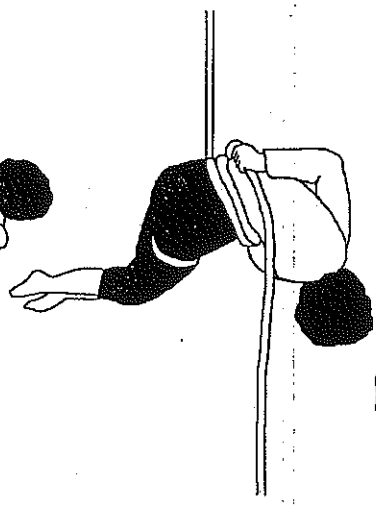
Ciseau dos



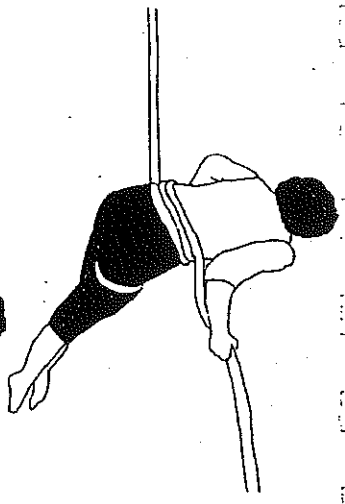
Préparation Double Vrille Un Jarret 1



Préparation Double Vrille Un Jarret 3

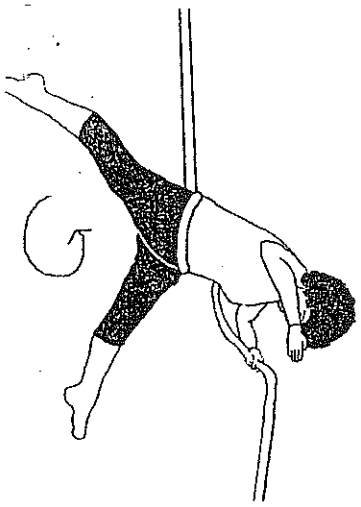


Préparation Double Vrille Un Jarret 3

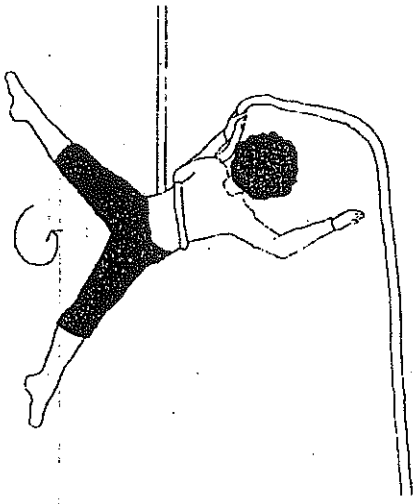


Préparation Double Vrille Un Jarret 4

Les Chutes
(De Ciseau)



Chute Double Vrille Un Jarret 7

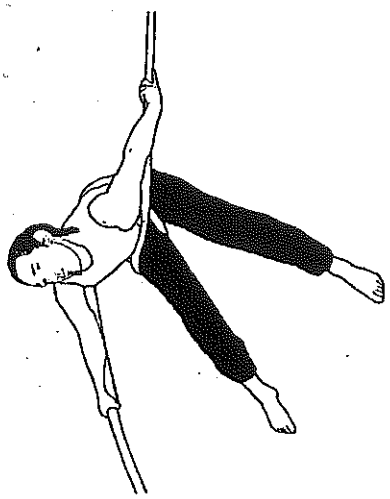


Chute Double Vrille Un Jarret 8

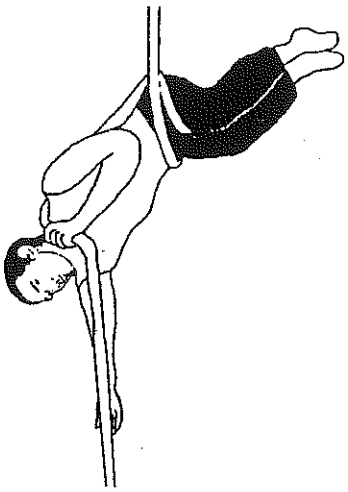
Chute Double Vrille Un Jarret 9

Chute Double Vrille Un Jarret 10

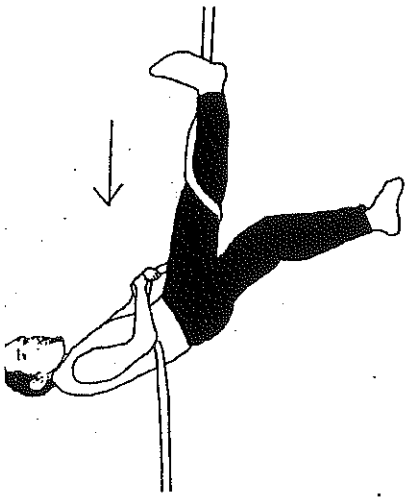
Les Chutes
(De Ciseau)



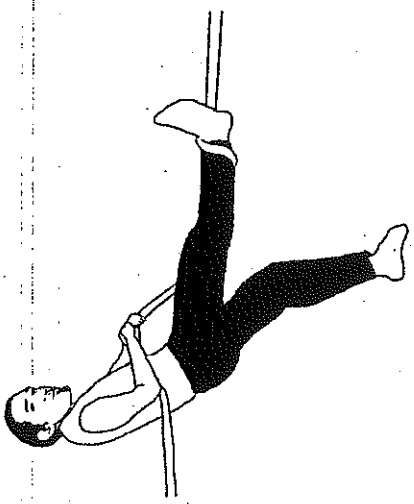
Ciseau (Page 26)



Chute Clef de Violon 1

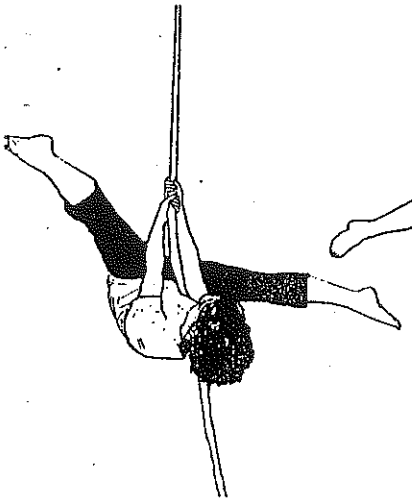


Chute Clef de Violon 2

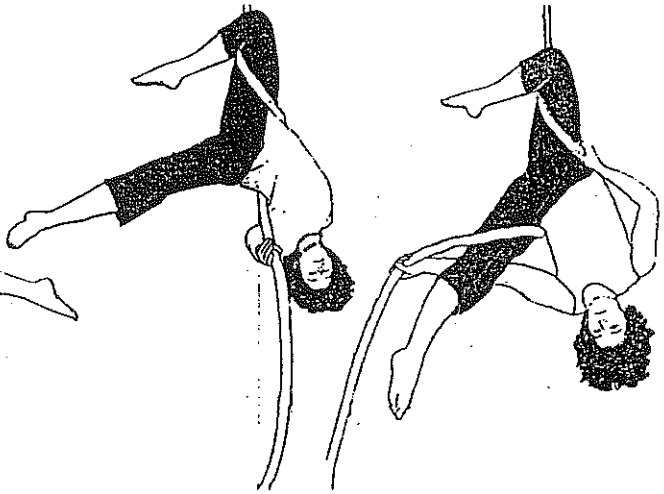


Chute Clef de Violon fin

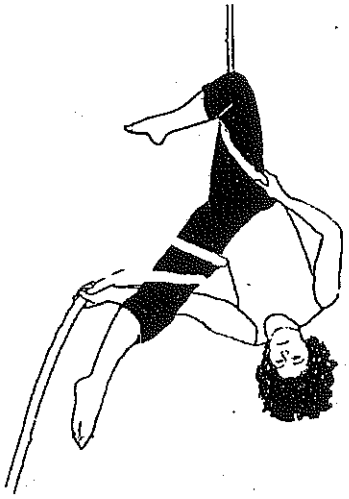
Les Chutes
(De Grenouille)



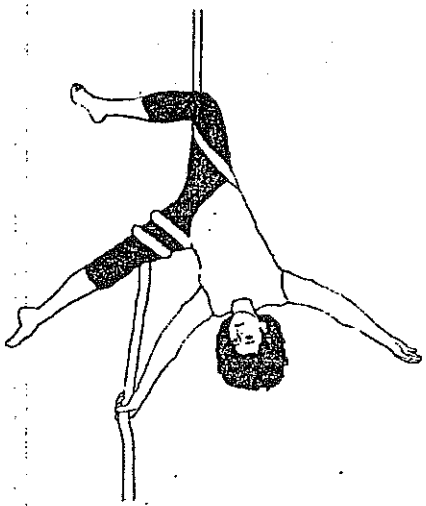
Préparation Petite Chute Grenouille 1



Préparation Petite Chute Grenouille 2

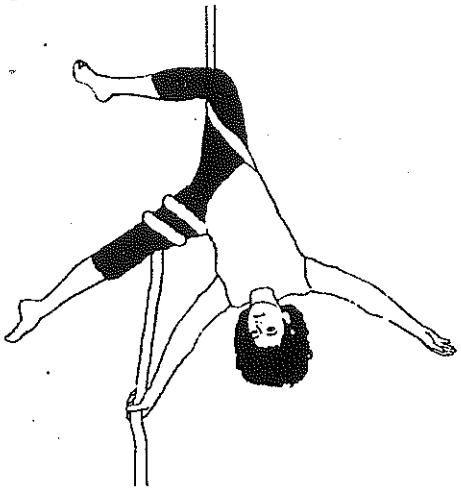


Préparation Petite Chute Grenouille 3

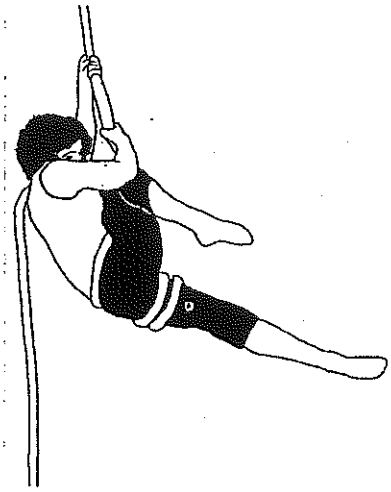


Préparation Petite Chute Grenouille 4

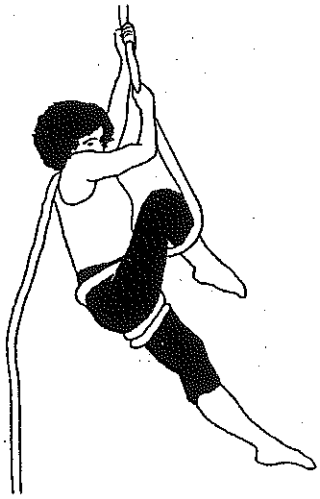
Les Chutes
(De Grenouille)

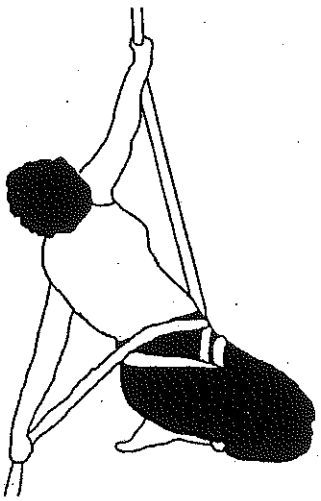


Préparation Chute Grenouille (Page 94)



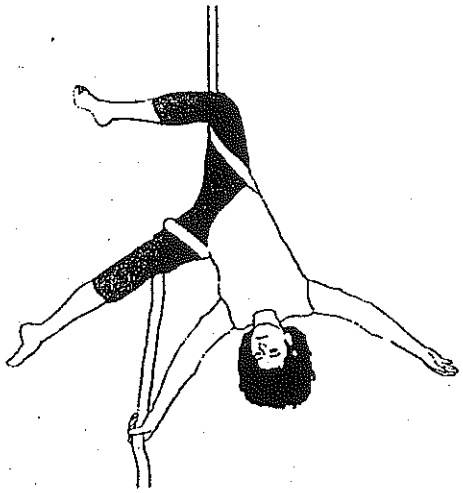
Préparation Chute Grenouille à Genoux 1



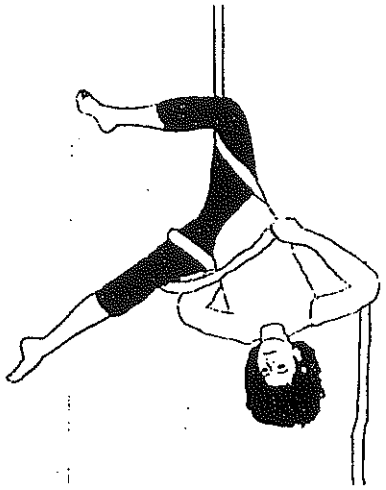


Préparation Chute Grenouille à Genoux 2 et 3

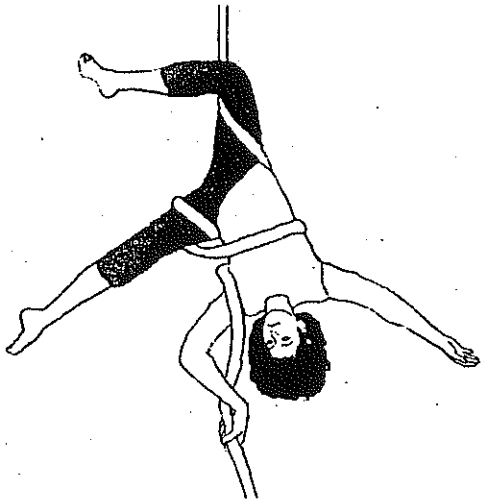
Les Chutes
(De Grenouille)



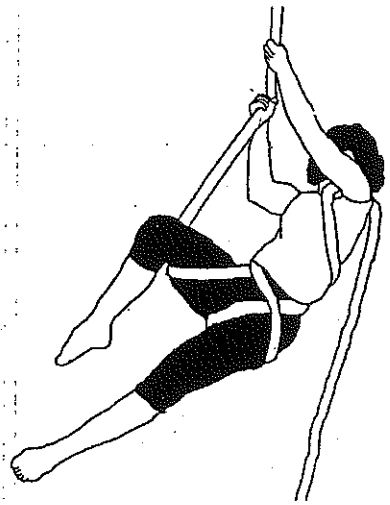
Préparation Chute Grenouille (Page 94)



Préparation Grande Chute Grenouille 1

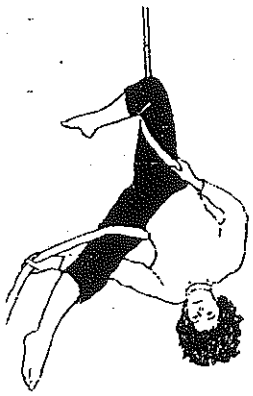


Préparation Grande Chute Grenouille 2

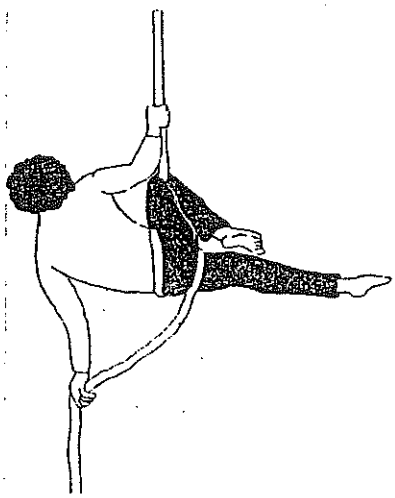


Préparation Grande Chute Grenouille 3

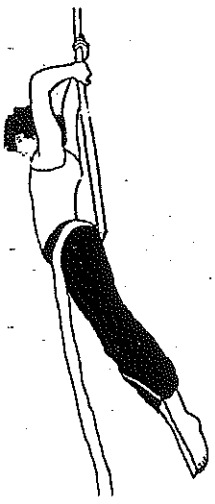
Les Chutes
(De Grenouille)



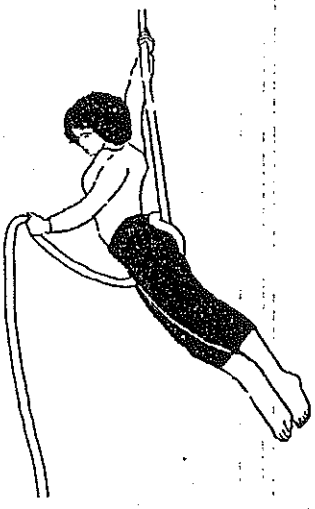
Grenouille (Page 19)



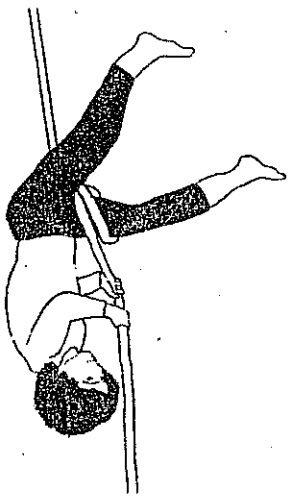
Préparation Chute Oiseau Roulade 1 et 2



paration Chute Oiseau Roulade 3



Chute Oiseau Roulade 1

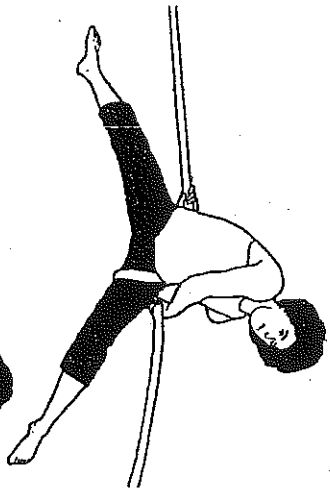


Chute Oiseau Roulade 2

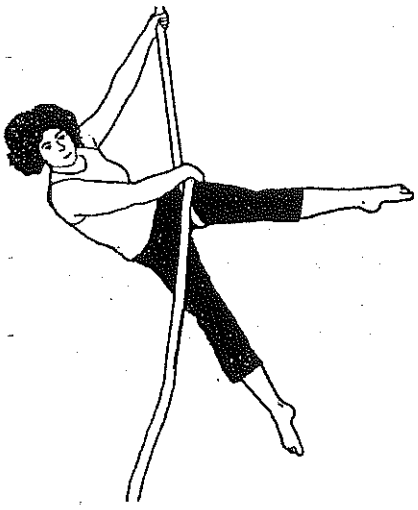
Les Chutes

Grenouille (Page 19)

Chute Grenouille Assis 1

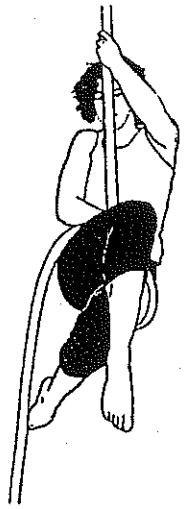


Chute Grenouille Assis 2



Chute Grenouille Assis3

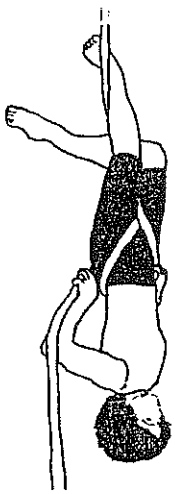
Chute Grenouille Assis4



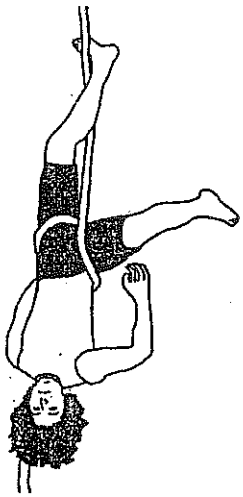
Chute Grenouille Assis fin

Les Chutes
(De Grenouille)

enouille (Page 19)



Préparation Chute Oiseau 1



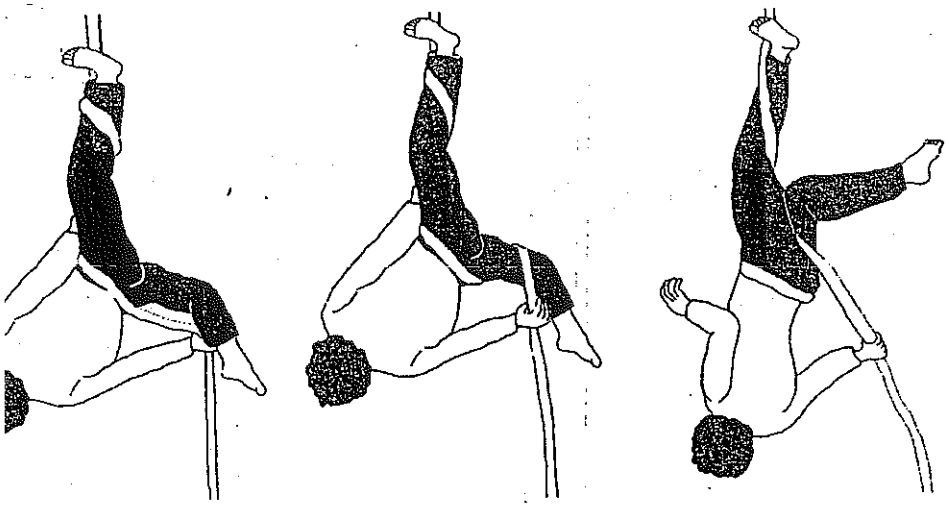
Préparation Chute Oiseau 2

ation Chute Oiseau 3

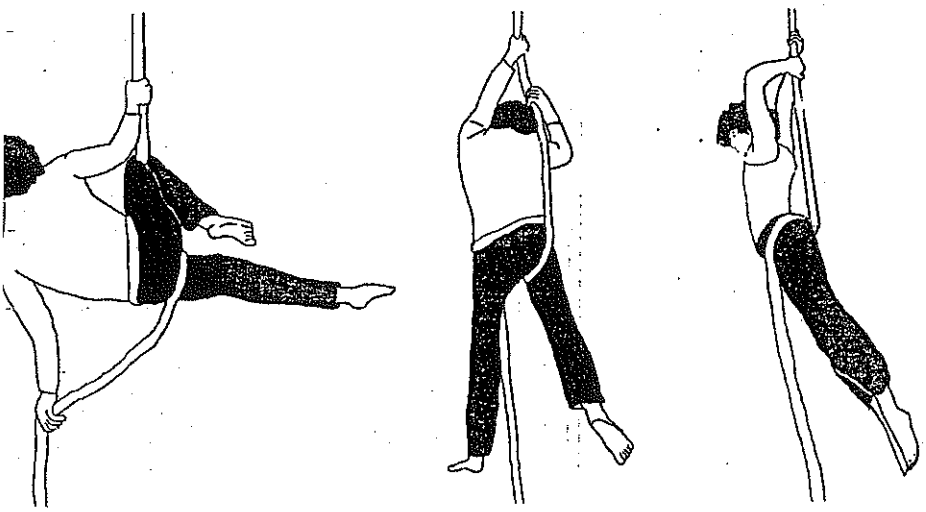
Préparation Chute Oiseau 4

Préparation Chute Oiseau 5

Les Chutes
(De Grenouille)

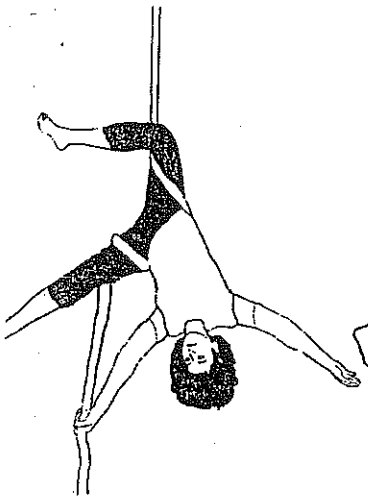


Préparation Chute Remonté Grenouille 1 , 2, 3

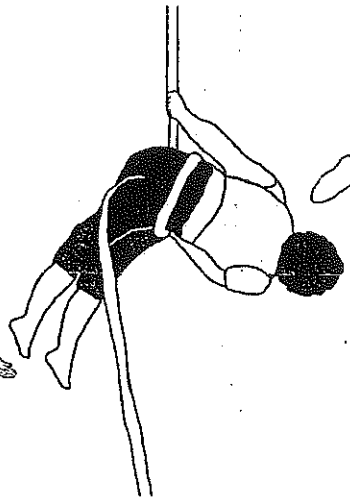


Préparation Chute Remonté Grenouille 4, 5 , 6

Les Chutes
(De Grenouille)

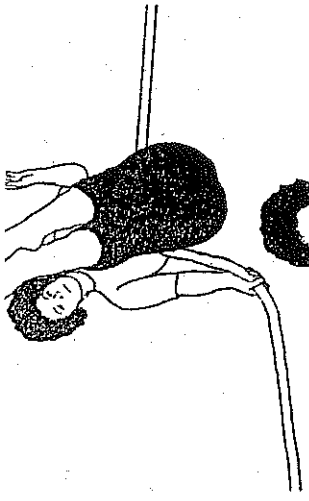


Grenouille (Page 19)



Préparation Chute Jarrets Enroulés 1

Préparation Chute Jarrets Enroulés 3



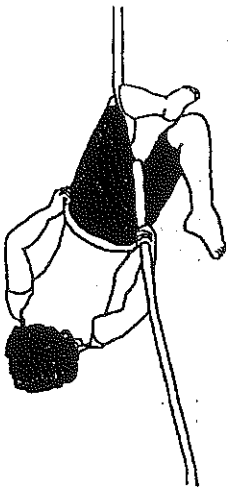
ation Chute Jarrets Enroulés 4

Préparation Chute Jarrets Enroulés 5

Préparation Chute Jarrets Enroulés 6

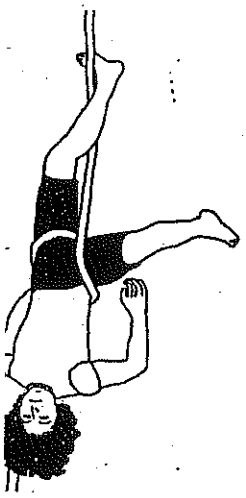
LES CHUTES
(De Grenouille)

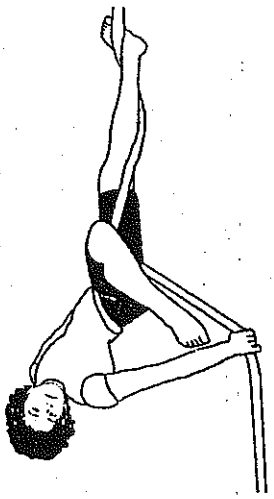
Grenouille (Page 19)

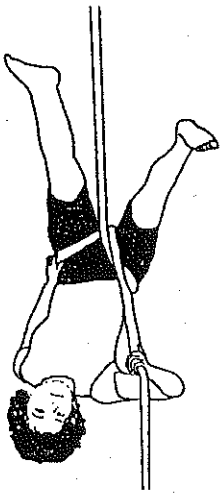


Préparation Grande Chute à la Lluvia 1

Préparation Grande Chute à la Lluvia 2

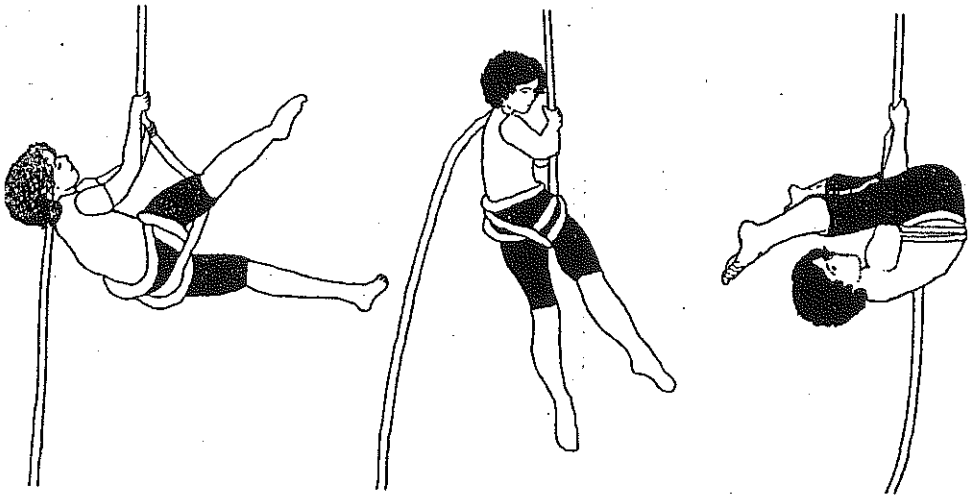




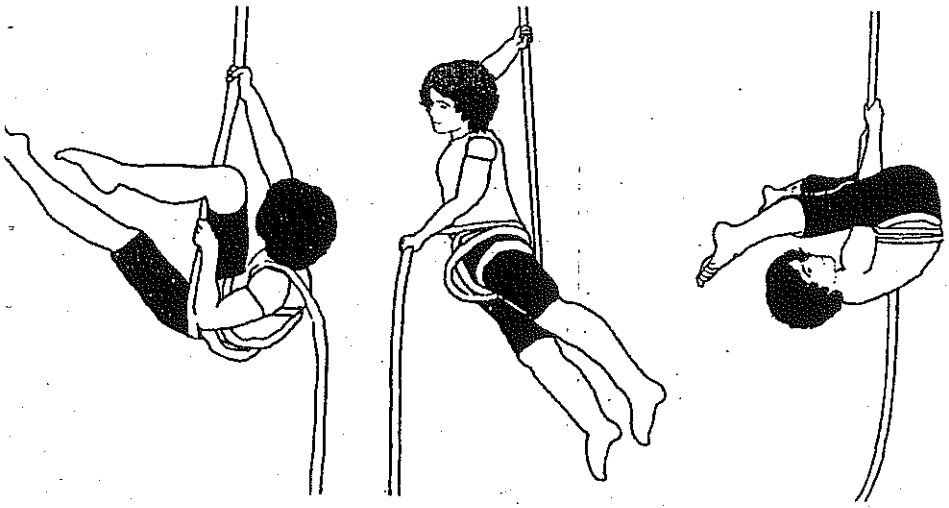


Préparation Grande Chute à la Lluvia 3 , 4 et 5

Les Chutes
(De Grenouille)



Préparation Grande Chute à la Lluvia 12, 13 et 14



Préparation Grande Chute à la Lluvia 15, 16, 17

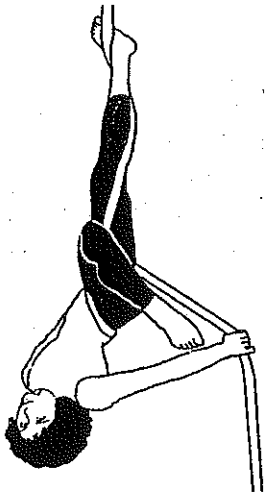
Les Chutes
(De Grenouille)

Triple Vrille 1

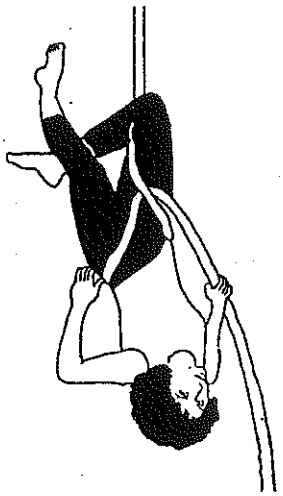
Préparation Triple Vrille 2

Préparation Triple Vrille 3

Triple Vrille 4

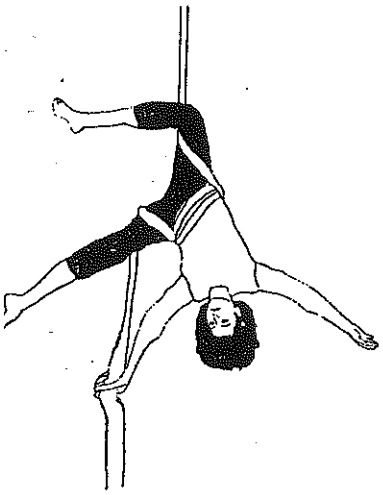


Préparation Triple Vrille 5

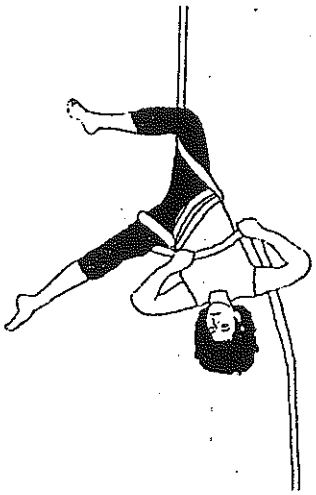


Préparation Triple Vrille 6

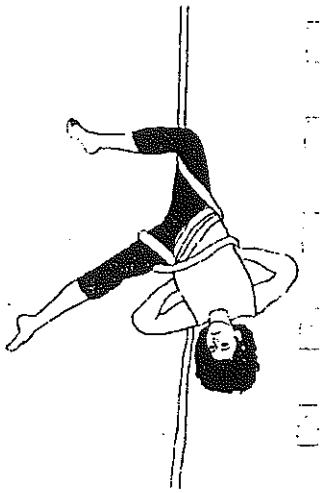
Les Chutes
(De Grenouille)



Préparation Triple Vrille 13

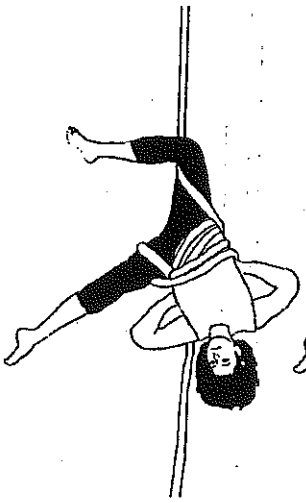


Préparation Triple Vrille 14



Préparation Triple Vrille 15

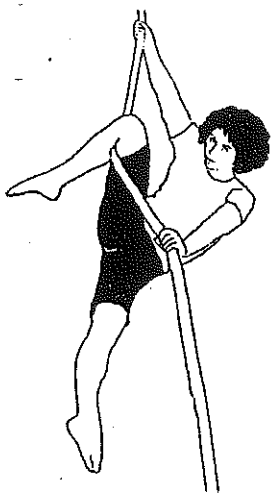
Préparation Triple Vrille 16



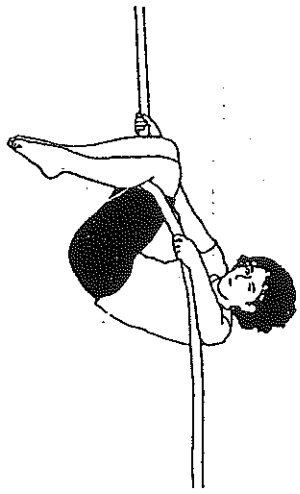
Préparation Triple Vrille 17

Préparation Triple Vrille 18

Les Chutes
(De Jarrets)



Préparation Chute Jarrets 1



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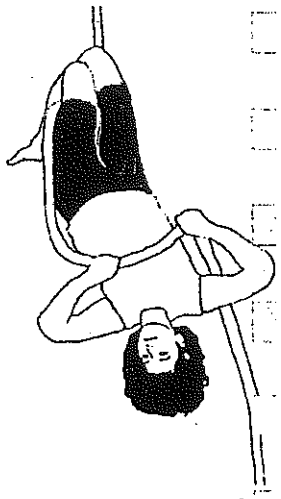

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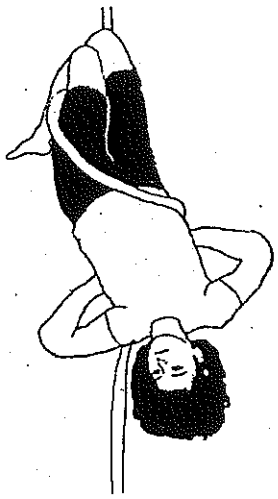

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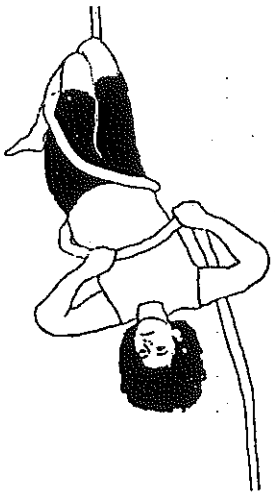
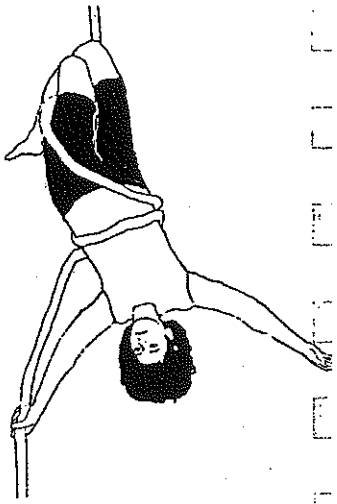
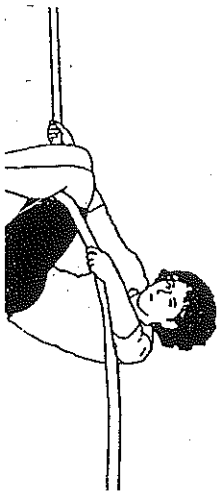


Préparation Chute Jarrets 5

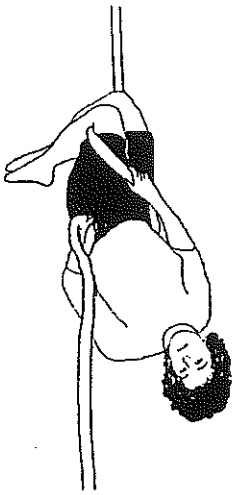


Préparation Chute Jarrets 6

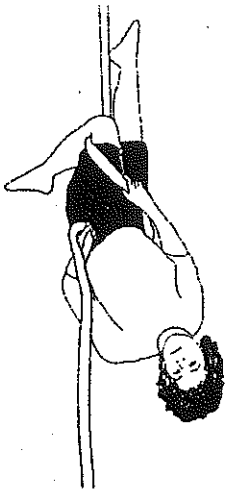
Les Chutes
(De Jarrets)



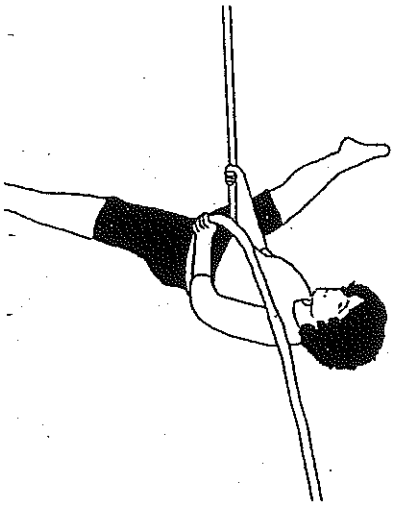
Jarrets Planche Jarrets 1



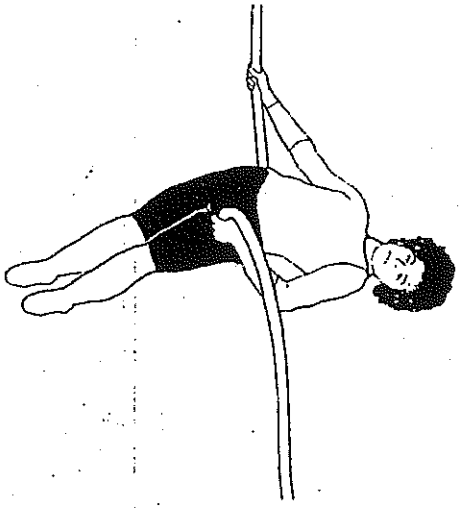
Chute Jarrets Planche Jarrets 2



Chute Jarrets Planche Jarrets 3

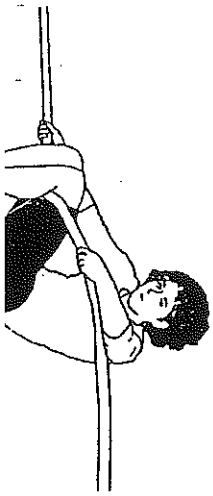


Chute Jarrets Planche Jarrets 4

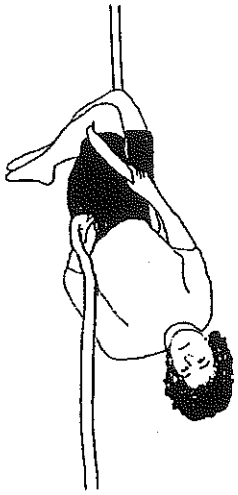


Chute Jarrets Planche Jarrets 5

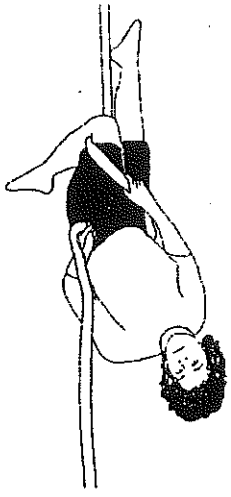
Les Chutes
(De Jarrets)



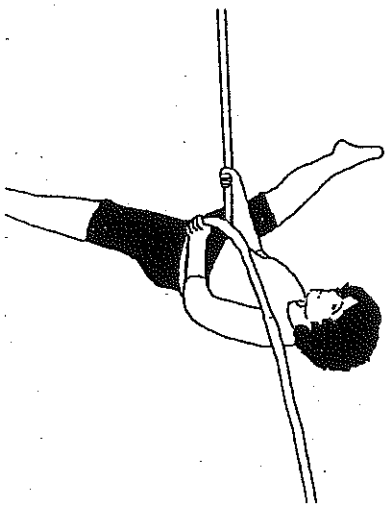
.rrets Planche Jarrets 1



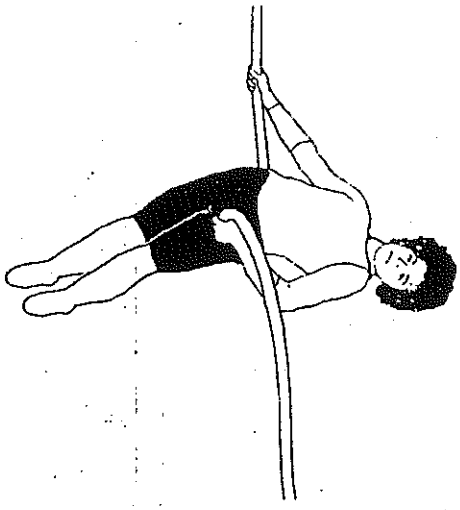
Chute Jarrets Planche Jarrets 2



Chute Jarrets Planche Jarrets 3

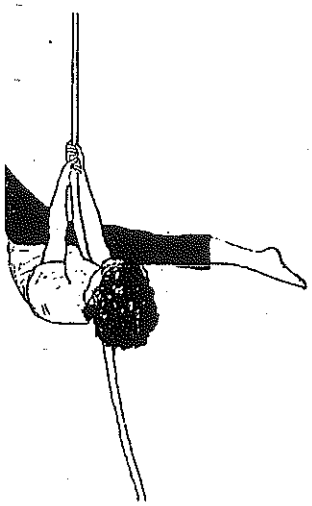


Chute Jarrets Planche Jarrets 4

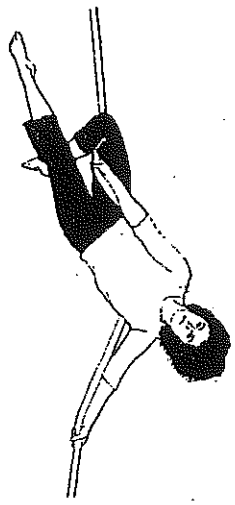


Chute Jarrets Planche Jarrets 5

Les Chutes

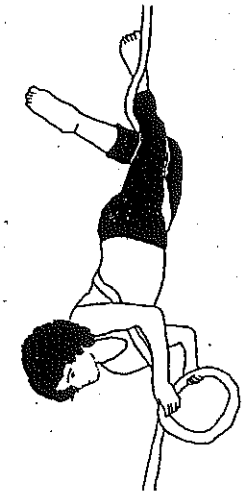


ɔn Chute Corde à Sauter 1

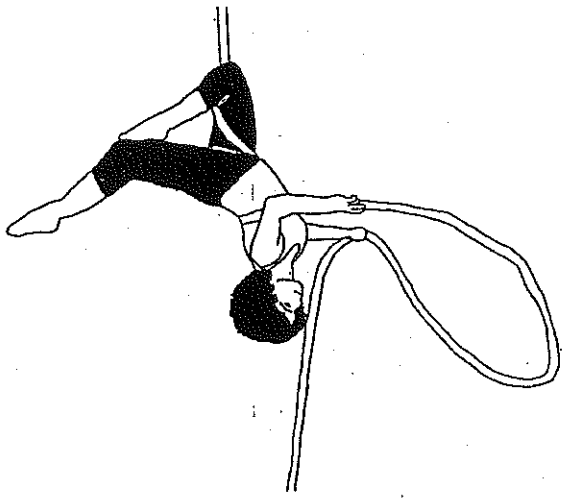


Préparation Chute Corde à Sauter 2

Préparation Chute Corde à Sauter 3

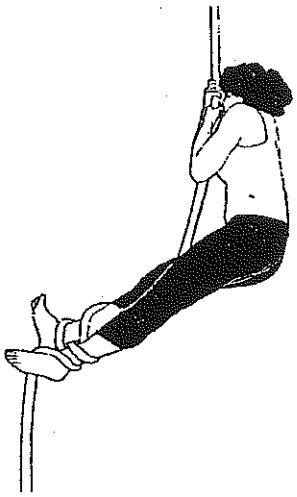


ıration Chute Corde à Sauter 4



Préparation Chute Corde à Sauter 5

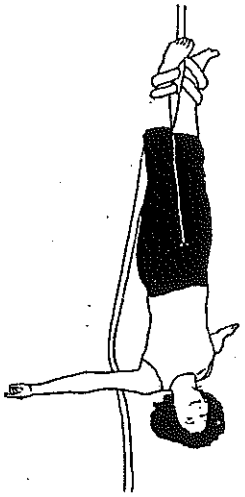
Les Chutes



Huit aux Pieds (Page)

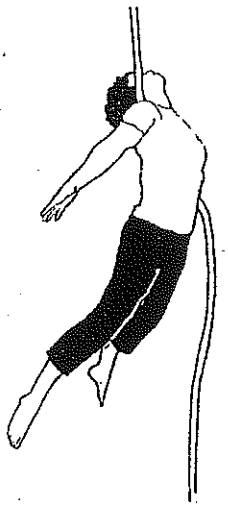
Chute Huit aux Pieds 1

Chute Huit aux Pieds 2

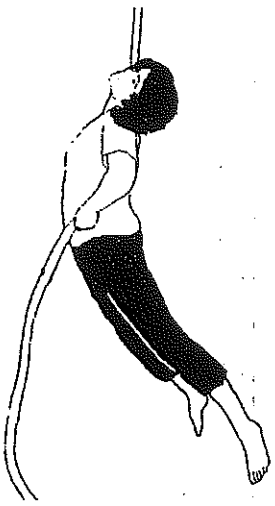


Chute Huit aux Pieds fin

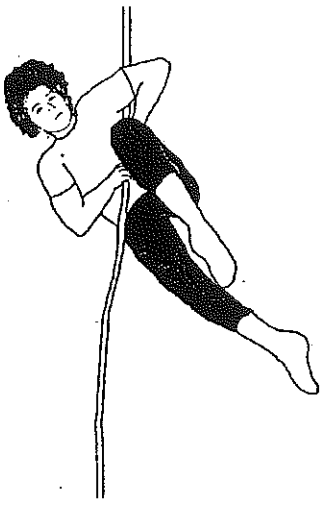
Les Chutes



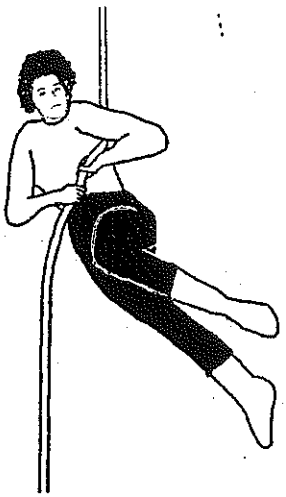
Amazone face (Page 34)



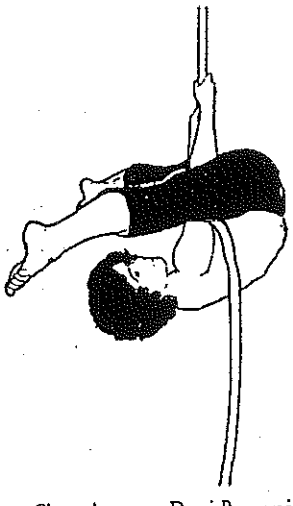
Amazone dos (Page 34)



Chute Amazone Demi-Renversé 1

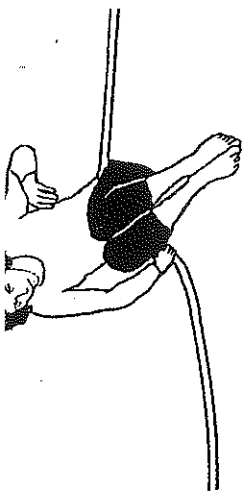


Chute Amazone Demi-Renversé 2

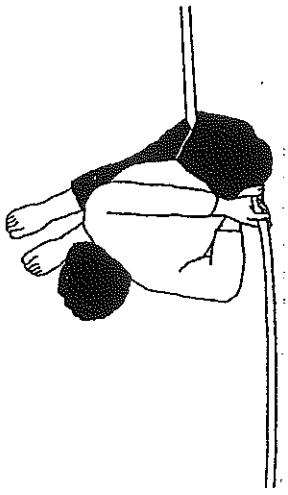


Chute Amazone Demi-Renversé fin

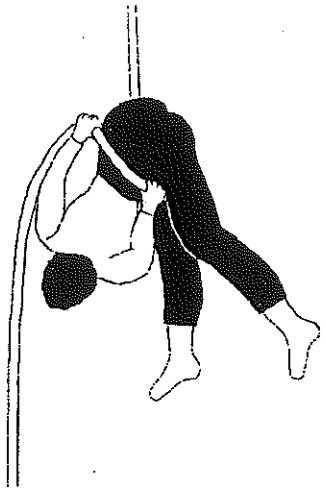
Les Chutes



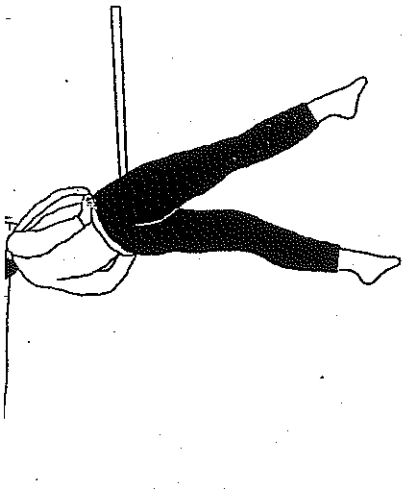
ite Boule face (Page 31)



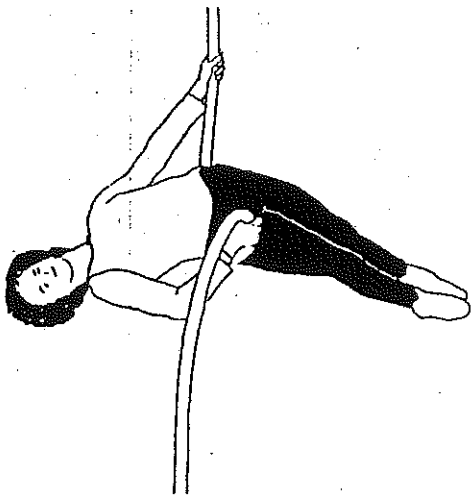
Suite Petite boule-Planche 1



Suite Petite boule-Planche 2



te Petite boule-Planche 3

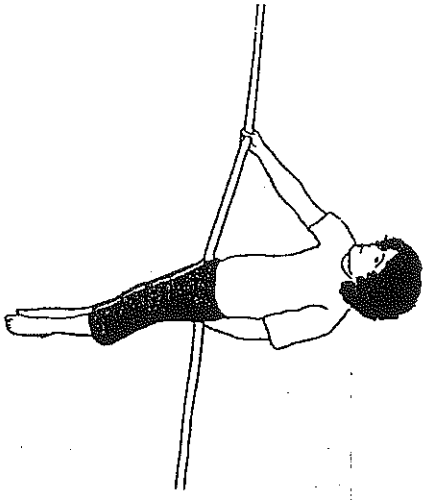


Suite Petite boule-Planche 4

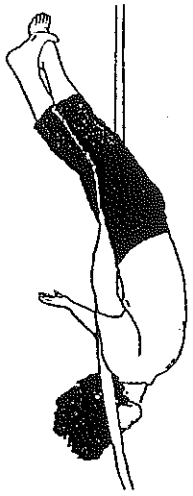
Suite Petite boule-Planche 5

Les Chutes

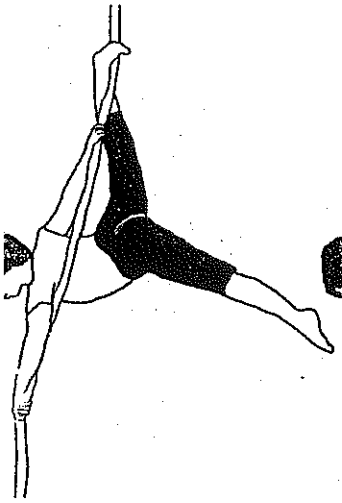
ration Chute Planche 1



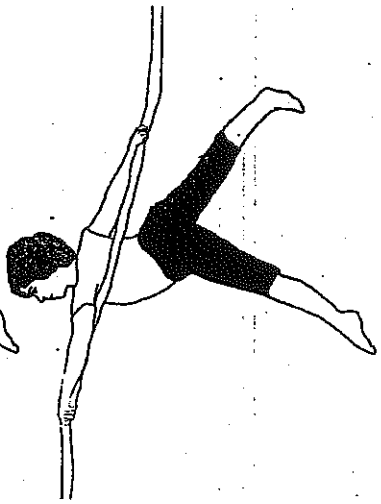
Préparation Chute Planche 2



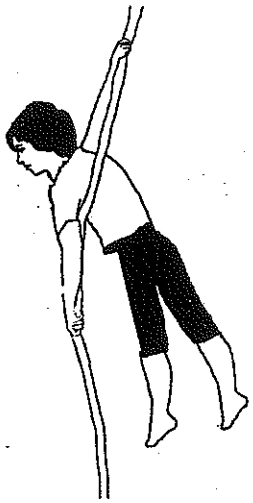
Préparation Chute Planche 3



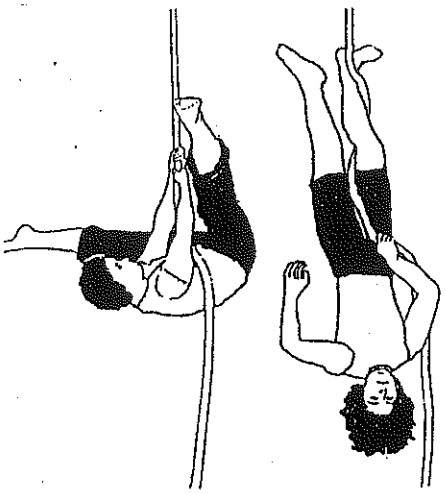
Chute Planche 1



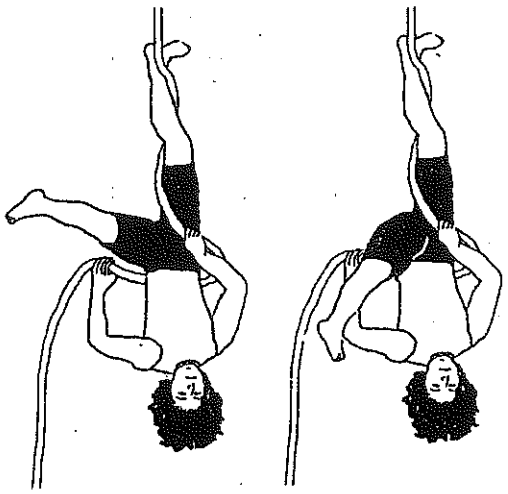
Chute Planche 2



Chute Planche fin

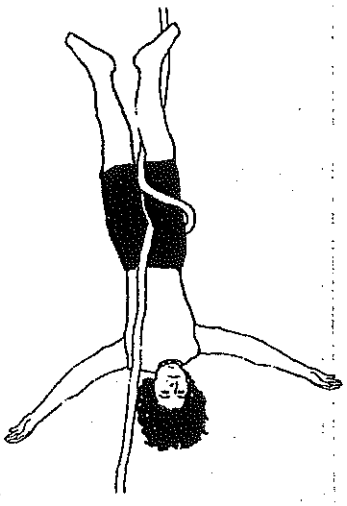


Préparation Chute Rattrape Genoux 1 et 2

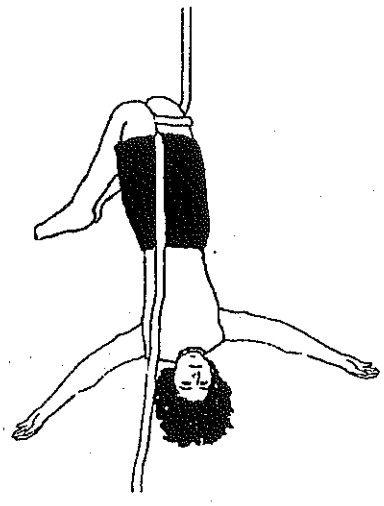


Préparation Chute Rattrape Genoux 3 et 4

éparation Chute Rattrape Genoux 5

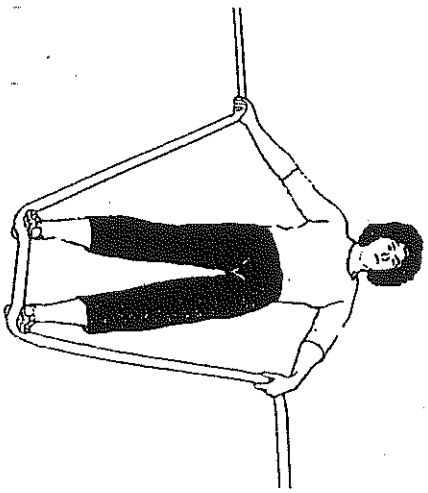


Chute Rattrape Genoux

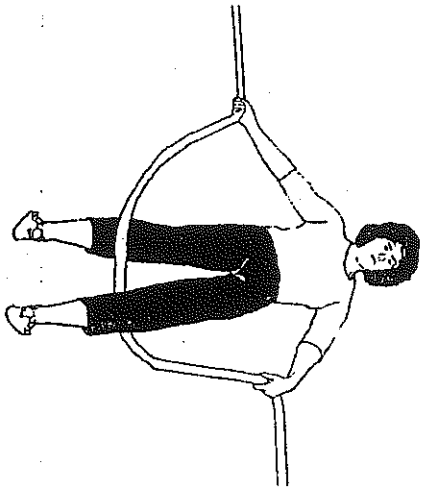


Chute Rattrape Genoux fin

Les Chutes



Drapeau de Côté (Page 63)



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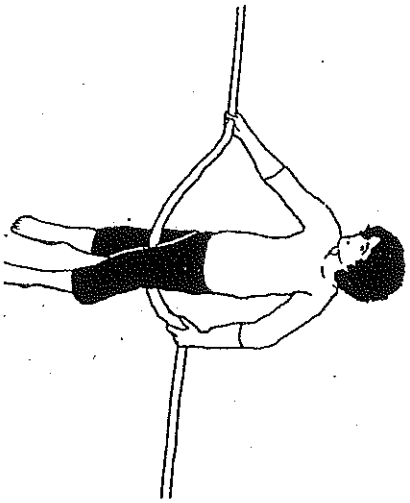

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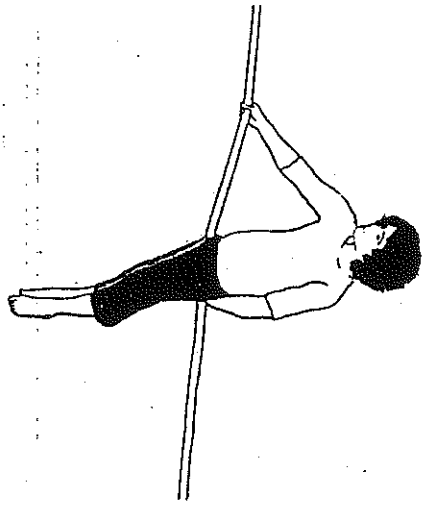
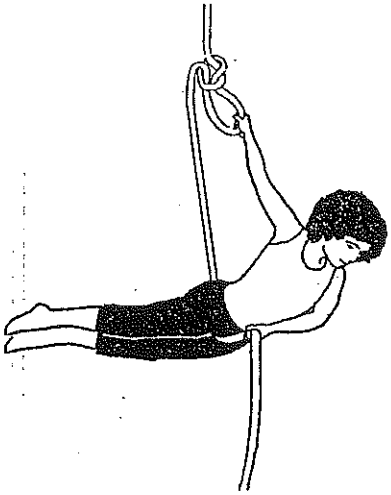


Chute Drapeau Planche fin

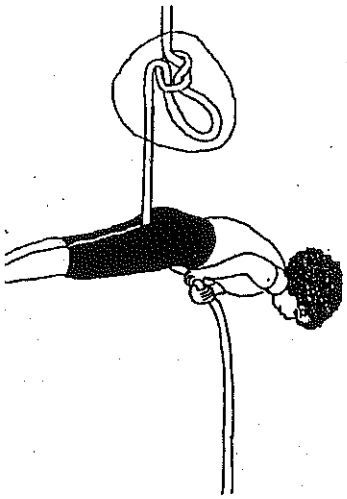
Les Chutes

Nuque de Boucle

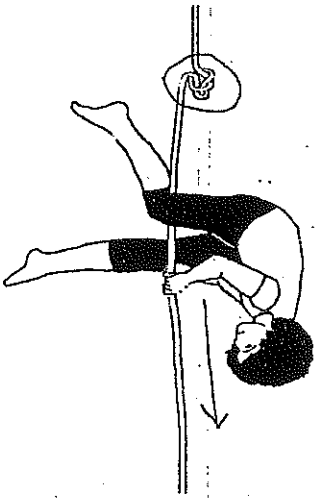
Préparation Roulade de Nuque 1



Préparation Roulade de Nuque 2



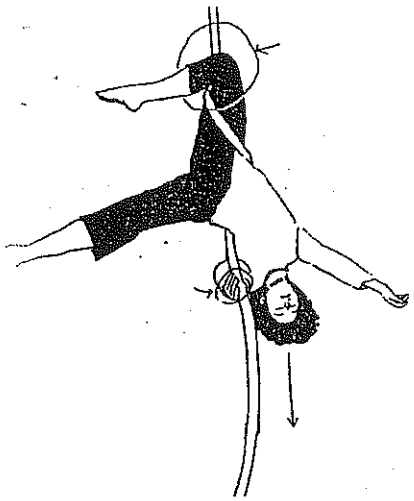
Roulade de Nuque 1



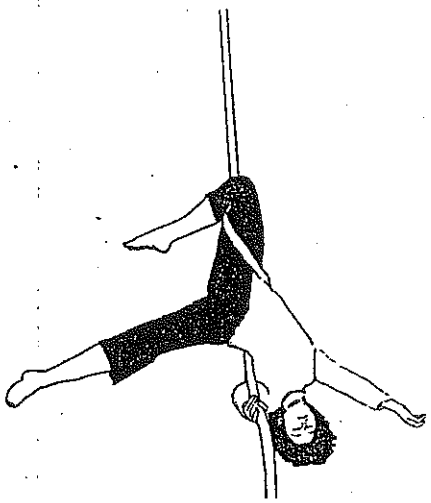
Roulade de Nuque 2

Roulade de Nuque fin

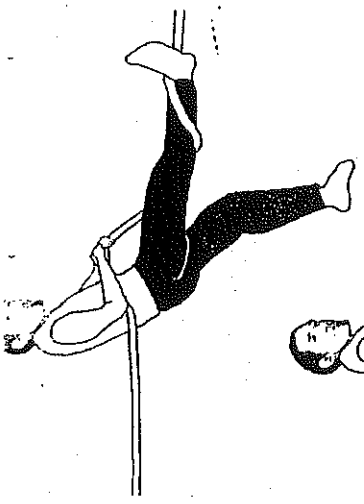
Les Descentes



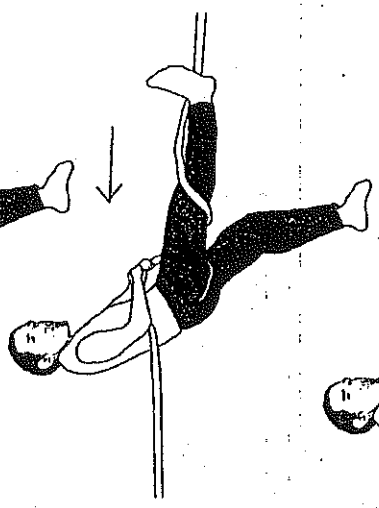
Descente Sirène Glissée



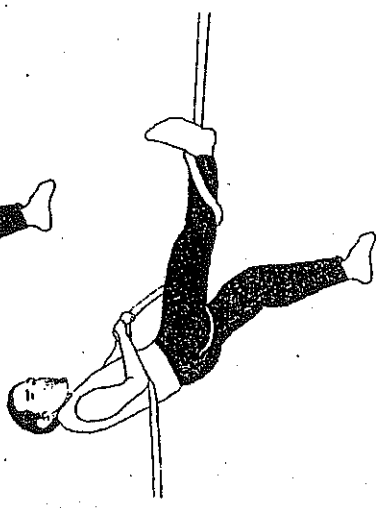
Descente Sirène Glissée fin



Descente Clef de violon 1

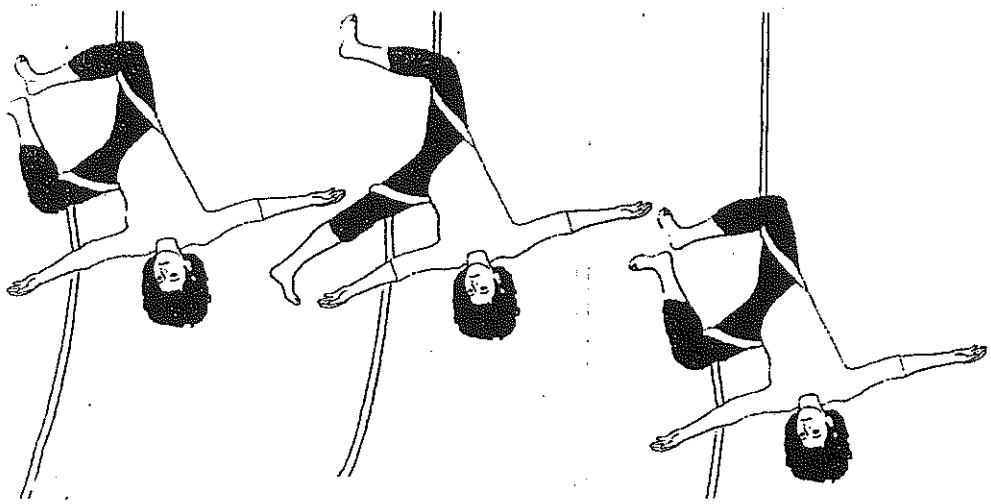


Descente Clef de violon 2

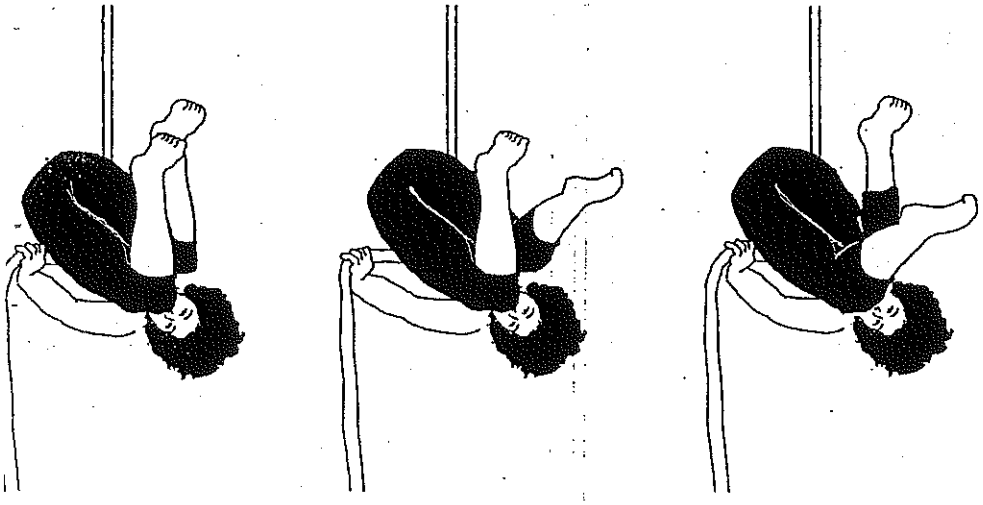


Descente Clef de violon fin

Les Descentes



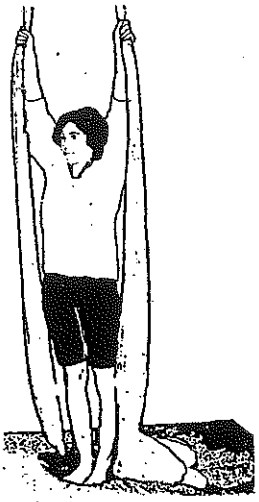
Descente Pantin 1 | Descente Pantin 2 | Descente Pantin 3



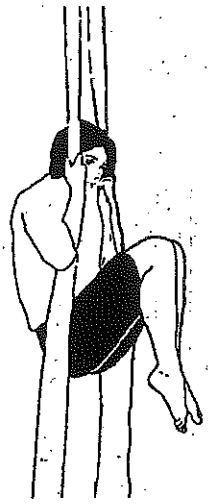
Descente Petite boule 1 | Descente Petite boule 2 | Descente Petite boule 3

LES MONTÉES

Les Montées



Montée Double Jarrets 1



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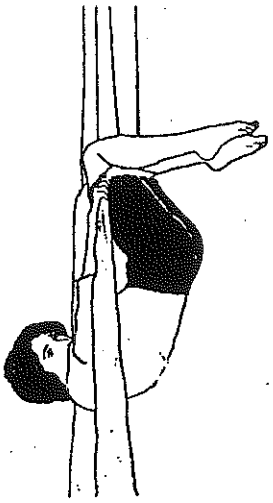

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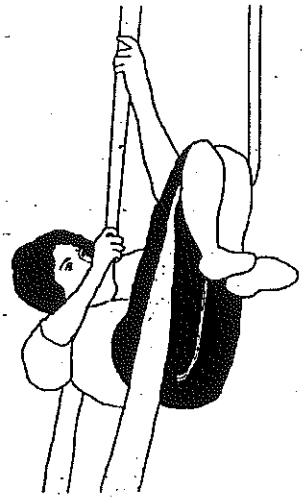
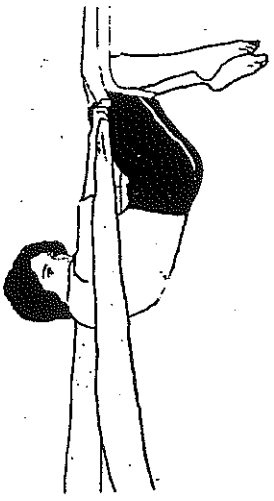


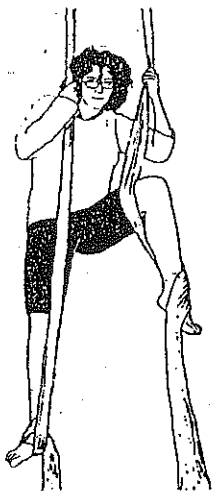
Montée Double Jarrets 4

Montée Double Jarrets 5

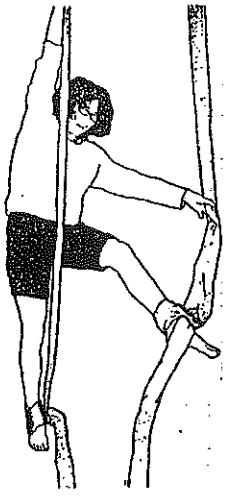


Montée Double Jarrets 6

Les Montées



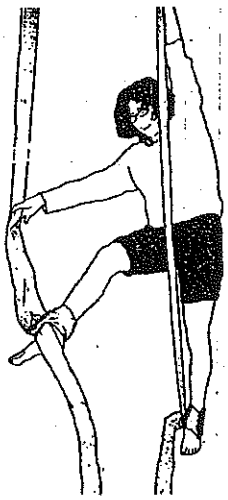
Montée Clef de Pied 1



Montée Clef de Pied 2

Montée Clef de Pied 3

Montée Clef de Pied 4

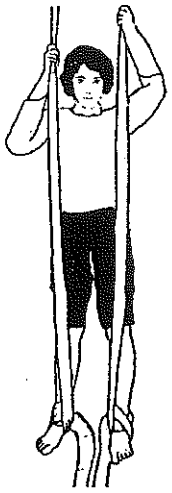


Montée Clef de Pied 5

Montée Clef de Pied 6

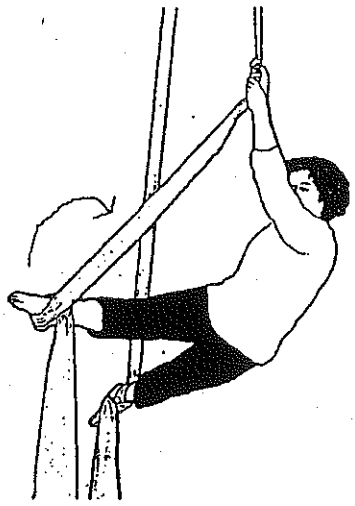
Figures Statiques

Figures Statiques

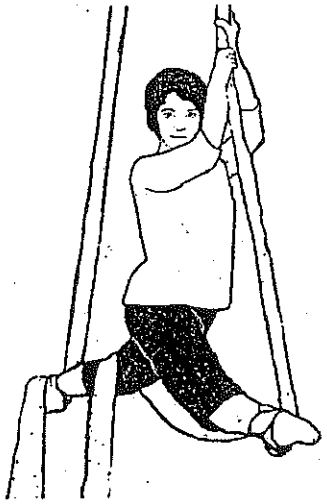


Double Clefs de Pieds (Page 157)

Grand Ecart

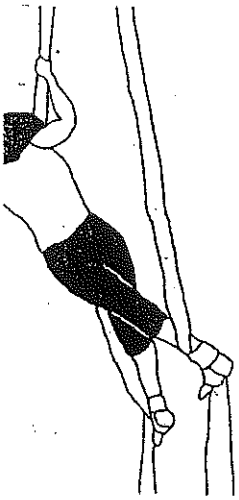


Préparation Grand Ecart Enroulé 1

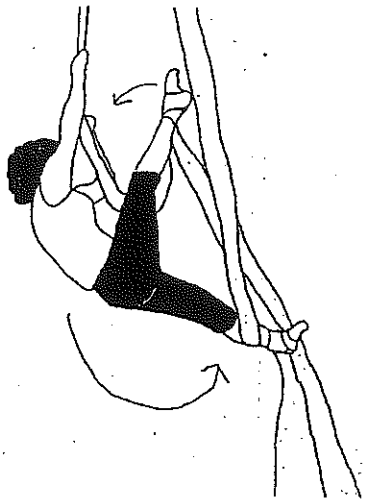


Préparation Grand Ecart Enroulé 2

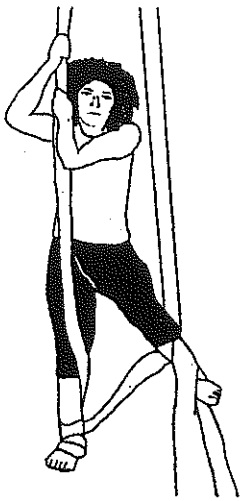
Figures Statiques



ıble Clefs de Pieds (Page 157)

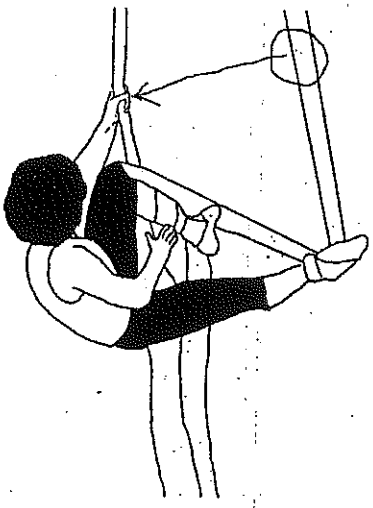


Préparation Enroulé Jarret 1

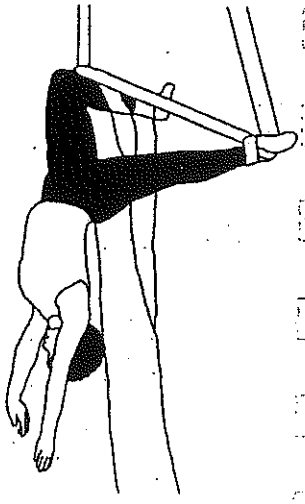


Préparation Enroulé Jarret 2

éparation Enroulé Jarret 3

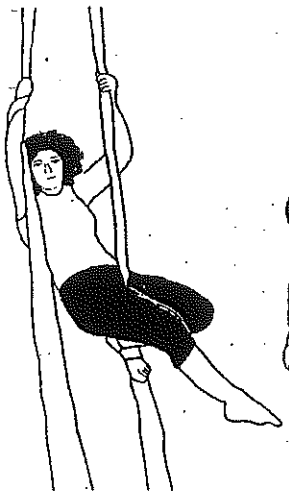


Préparation Enroulé Jarret 4

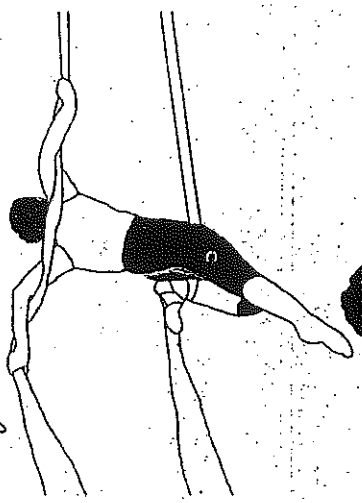


Enroulé Jarret

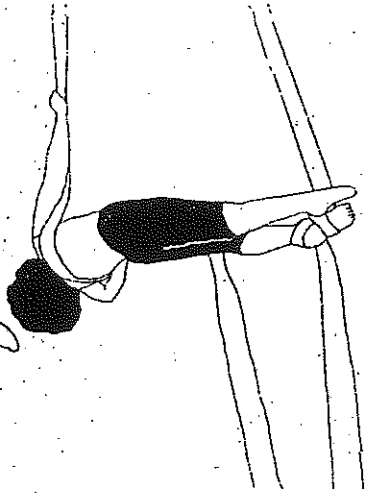
Figures Statiques



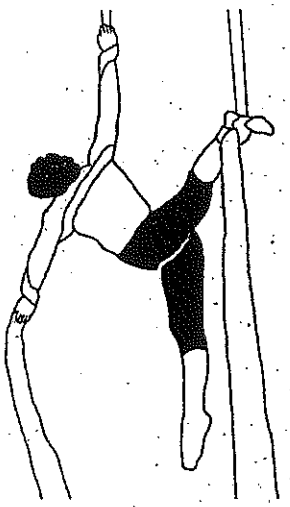
Clef de Pied (Page 151)



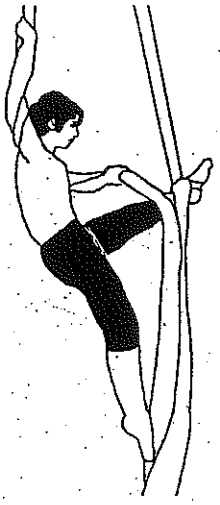
Préparation Enroulé Planche



Enroulé Planche

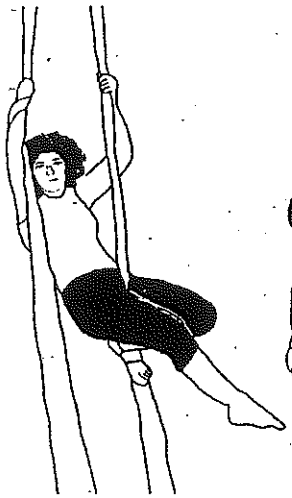


Préparation Enroulé Fanny 1

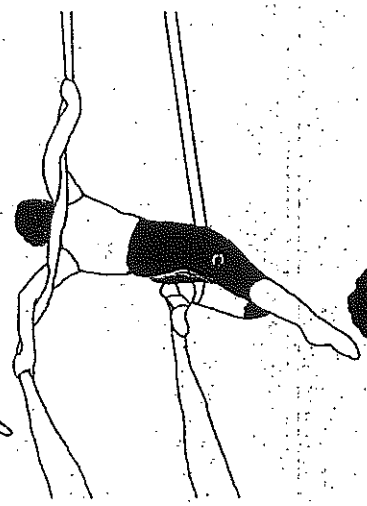


Préparation Enroulé Fanny 2

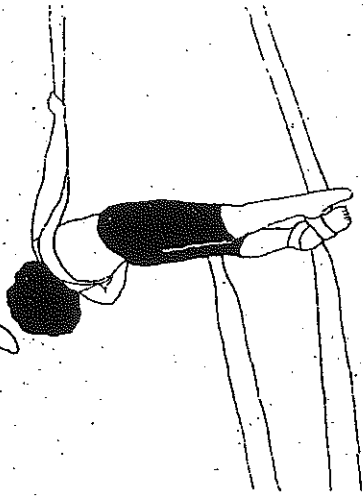
Figures Statiques



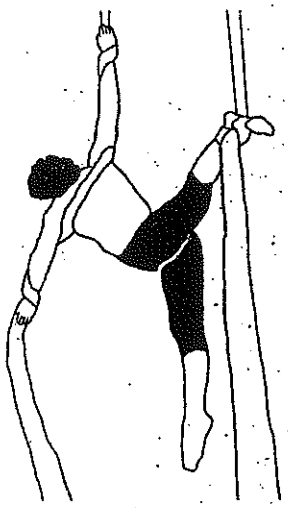
Clef de Pied (Page 151)



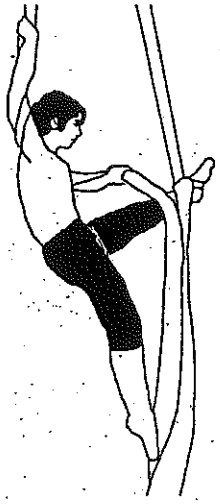
Préparation Enroulé Planche



Enroulé Planche



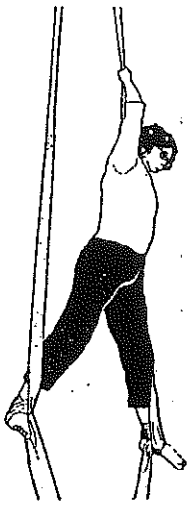
Préparation Enroulé Fanny 1



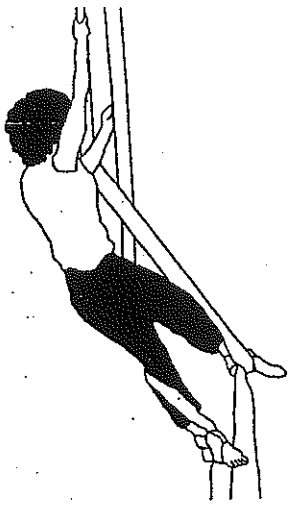
Préparation Enroulé Fanny 2

FIGURES STATIQUES

)uble Clefs de Pieds (Page 157)



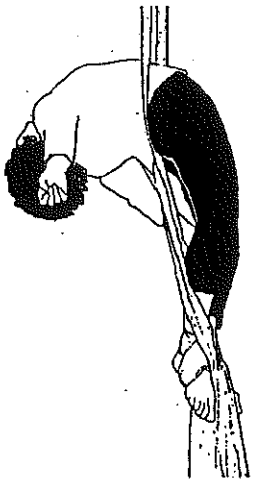
Préparation Croix dans le Dos 1



Préparation Croix dans le Dos 2

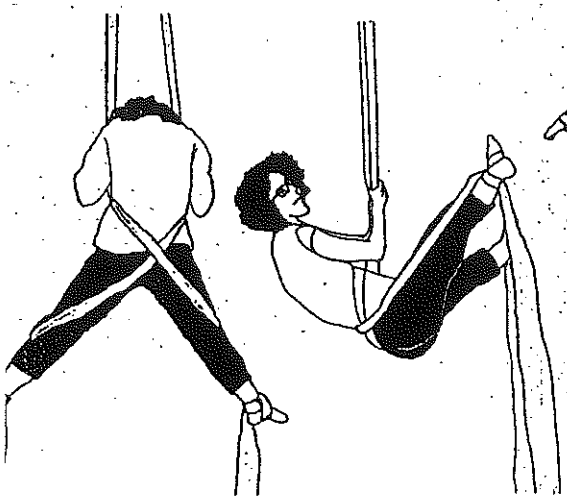
Croix dans le Dos

Croix dans le Dos Cambré



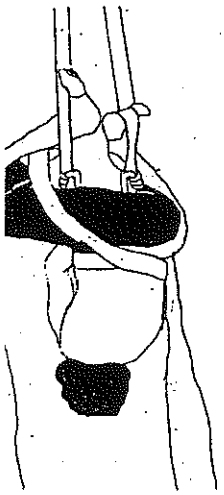
Croix dans le Dos Cambré

Figures Statiques

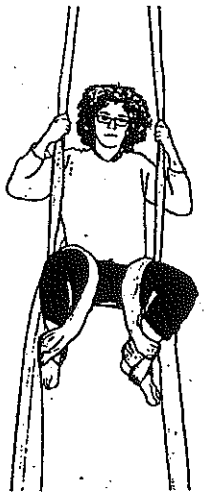


Préparation Demi Renversé de Croix 1 et 2

Demi Renversé de Croix



ration Pantalon de Croix 1

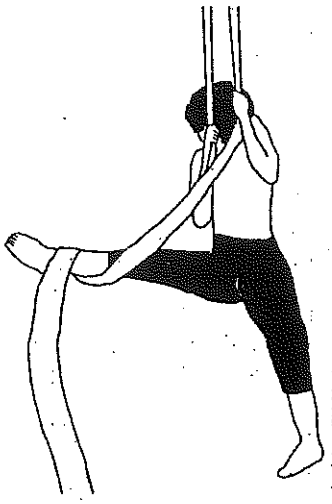


Préparation Pantalon de Croix 2

Pantalon de Croix

Figures Statiques

paration La Toge 1



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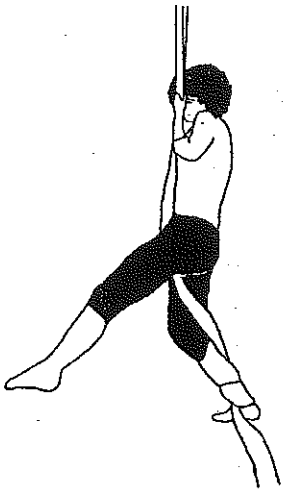
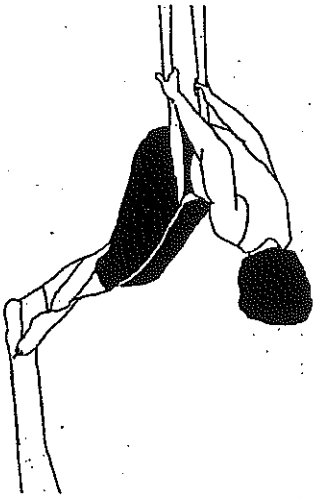


Préparation La Toge 3

paration La Toge 4



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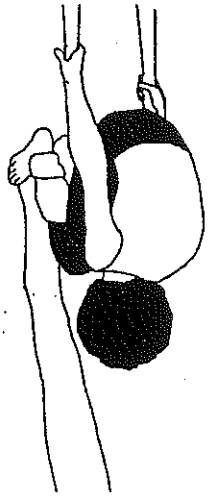
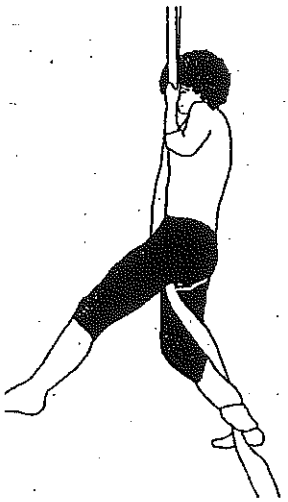


Préparation La Toge 6

FIGURES STATIQUES



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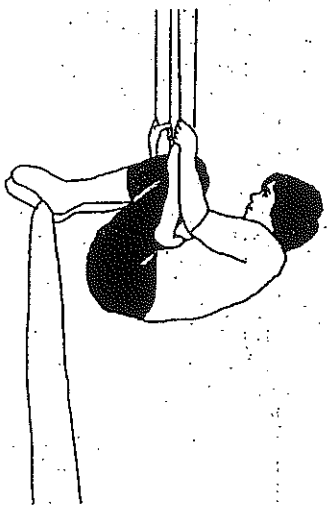

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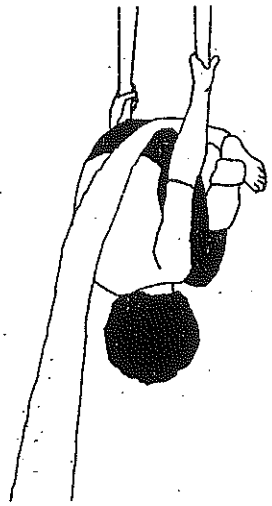

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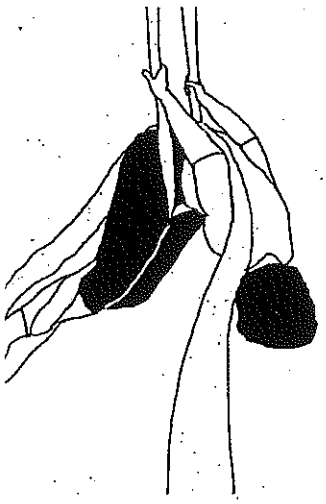

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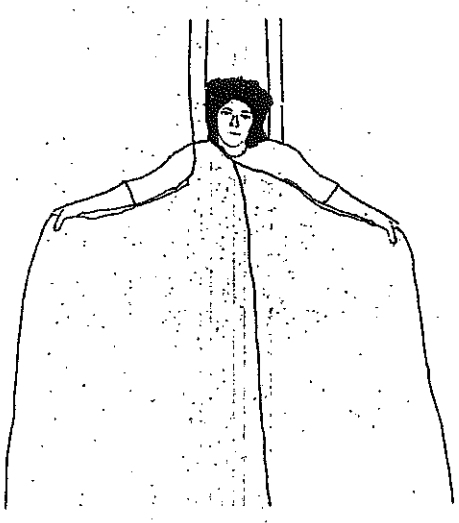

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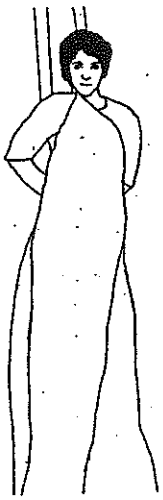
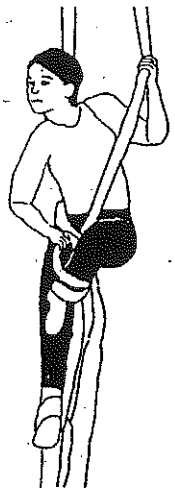


La Robe fin

FIGURES STATIQUES



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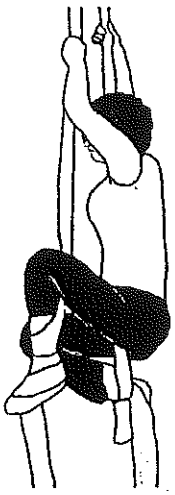

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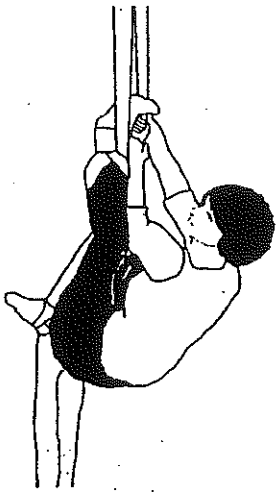

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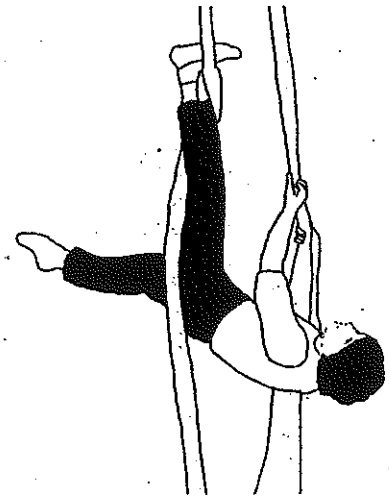

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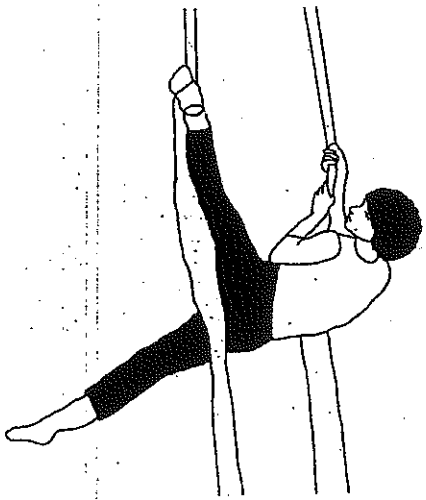
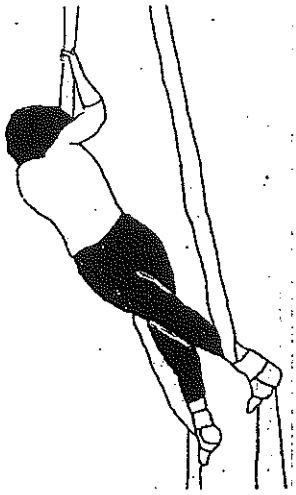


Préparation Enroulé Avion 5

Figures Statiques

le Clefs de Pieds (Page 157)



Préparation Enroulé Souplesse 1

Préparation Enroulé Souplesse 2

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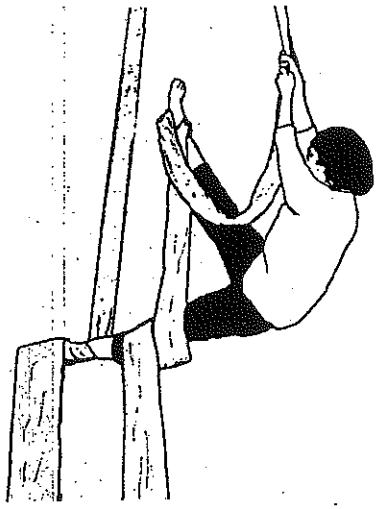

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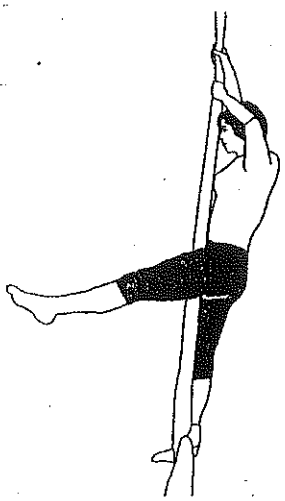

Clef de Pied (Page 151)

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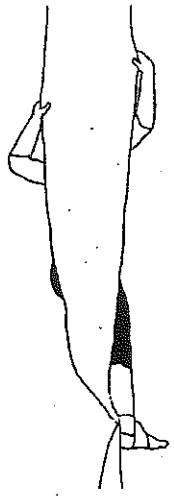

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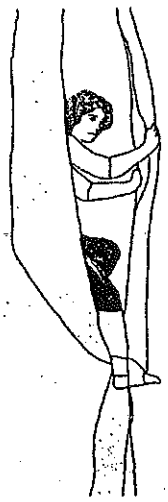

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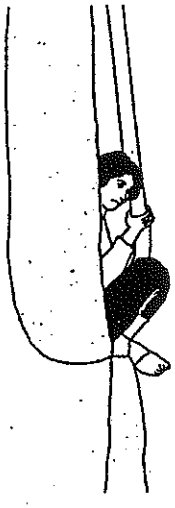

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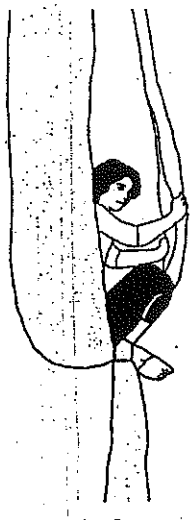

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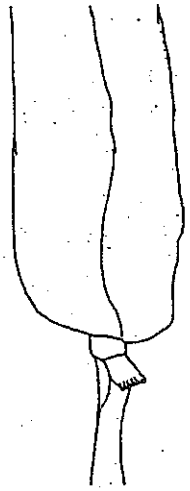
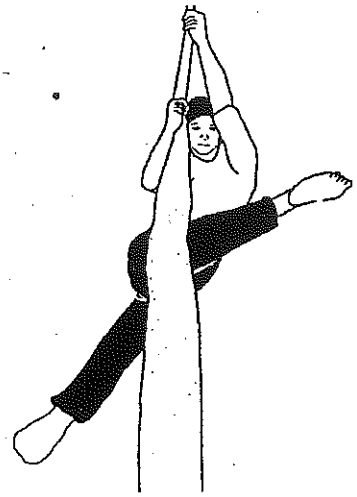


Le cocon

Figures Statiques



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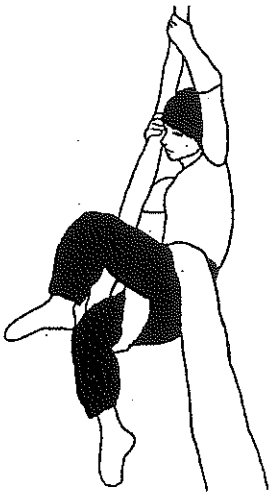

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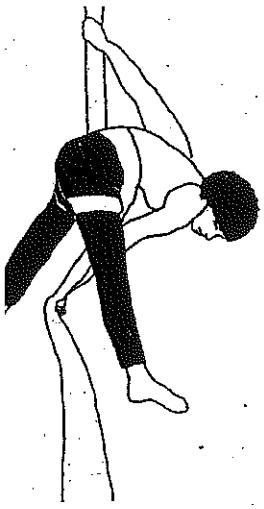

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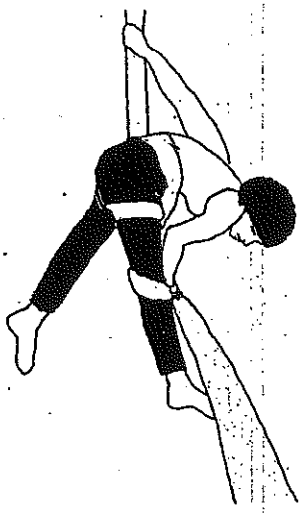

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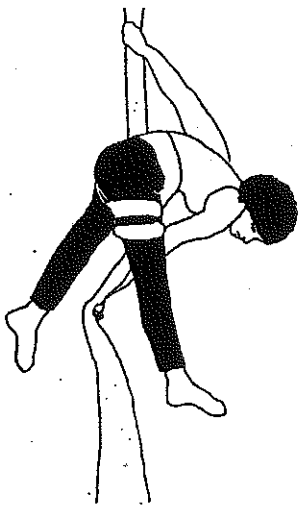

Préparation Enroulé Assis Jovlène 5

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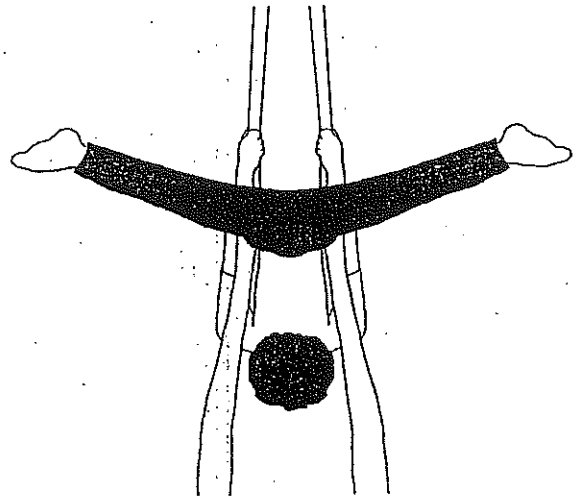

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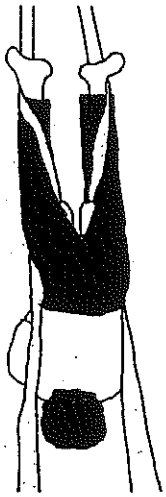

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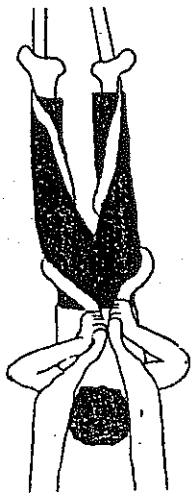
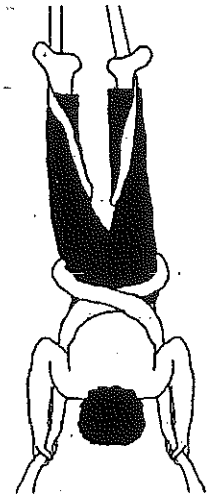
Préparation Croisé Dos 4

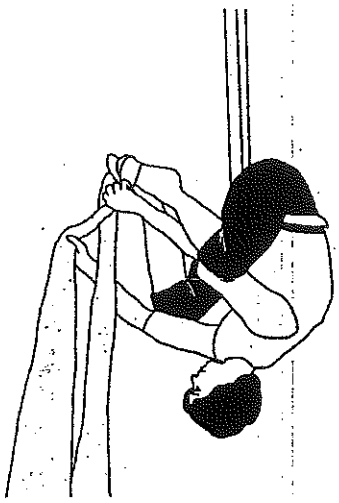


PPréparation Croisé Dos 5

Figures Statiques



Croisé Dos (Page 181)



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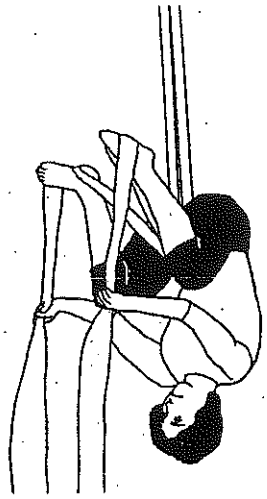

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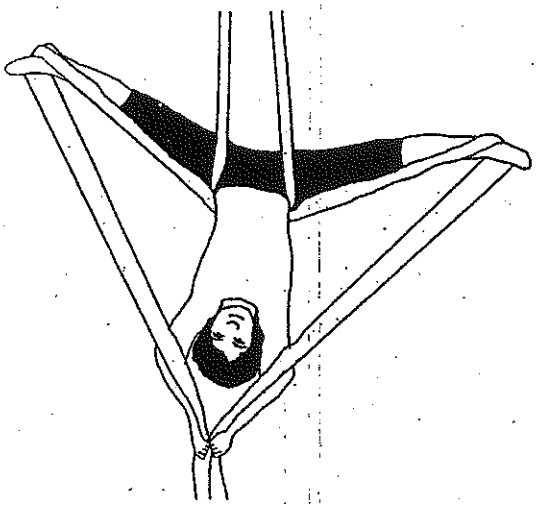
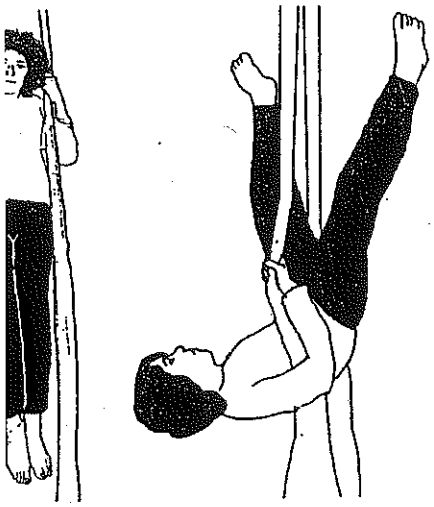
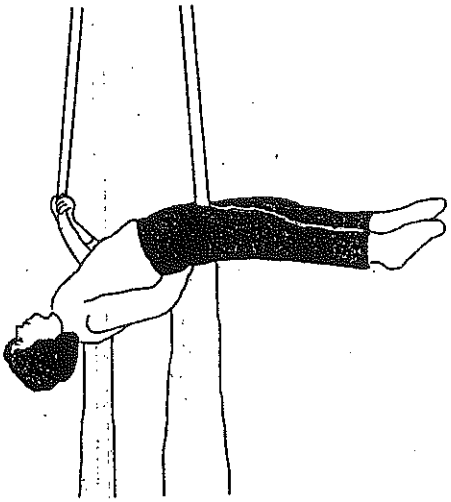


Grand Coeur

FIGURES STATIQUES



ɪation Planche Tissus Séparés 1 et 2



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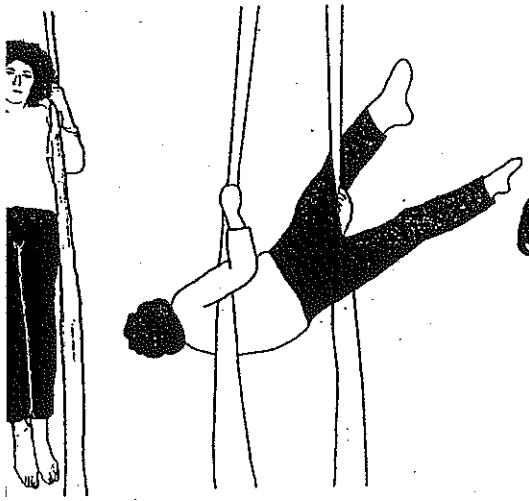

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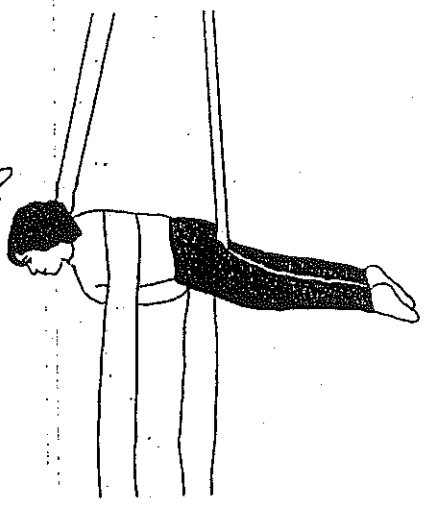
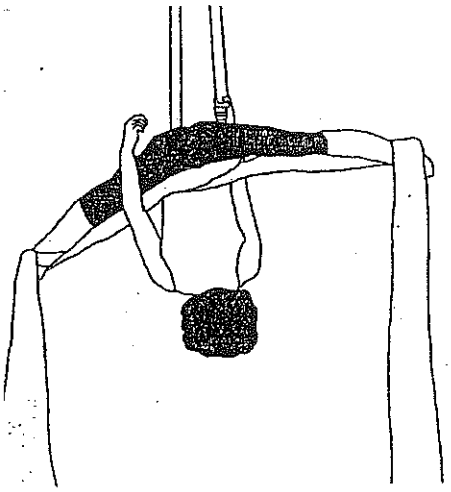
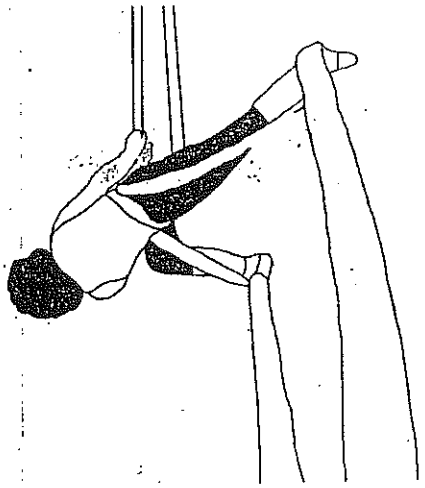


Planche Tissus SéparésVentre

Les Chutes



Demi-Renversé de Croix (Page 166)



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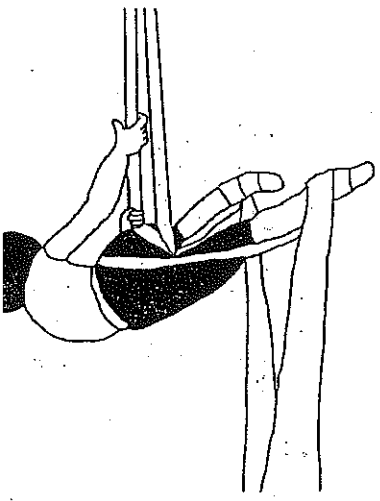

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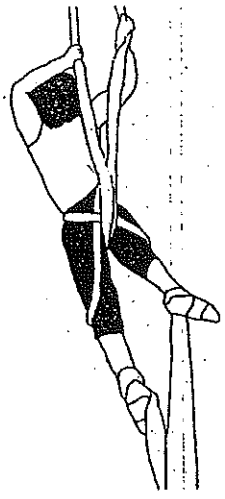

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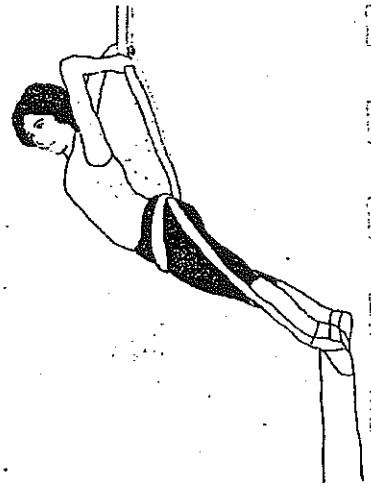
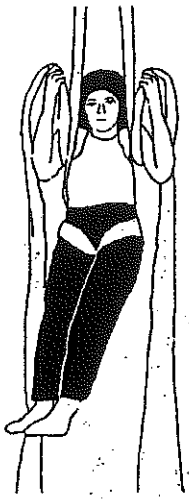


Préparation Chute Ecart de Croix 4

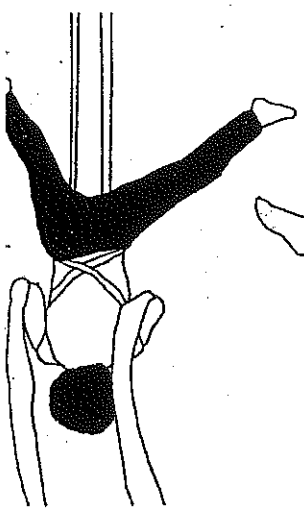
Les Chutes

ssis Croisé Dos (Page 181)



Chute Supermann Arrière 1

Chute Supermann Arrière 2



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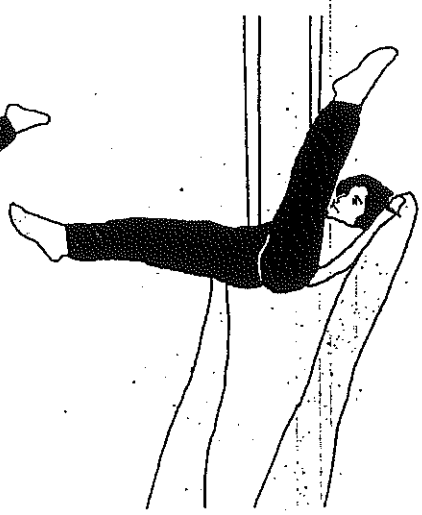

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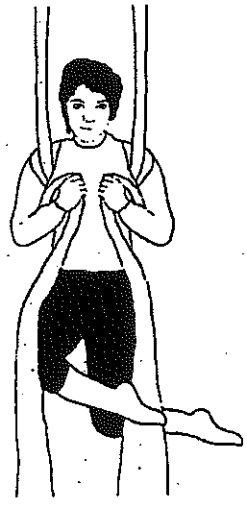

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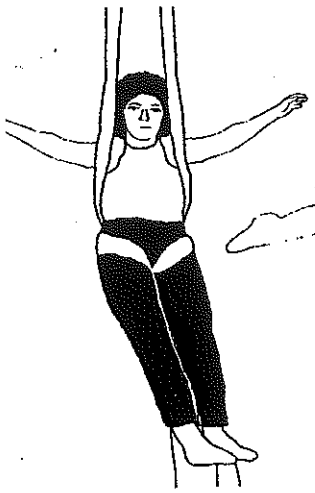

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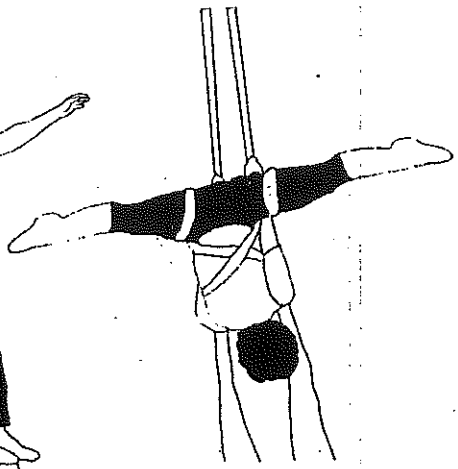

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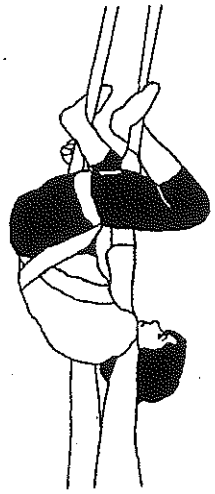

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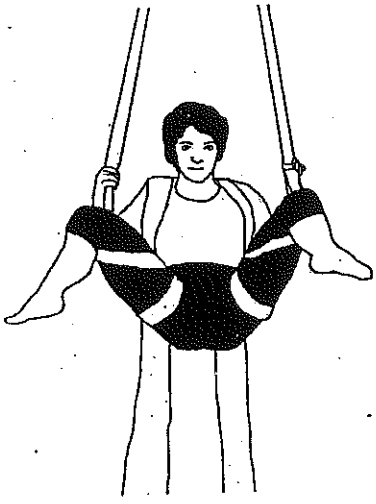

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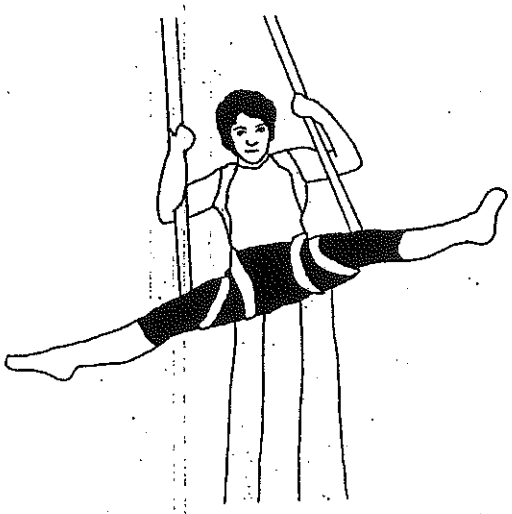

Préparation Double Chute Superman 4

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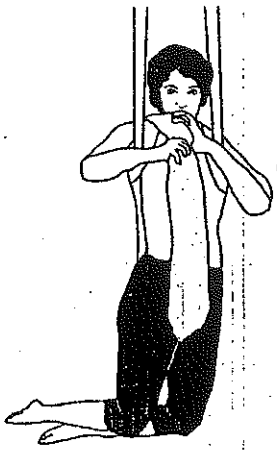
Chute Supermann fin



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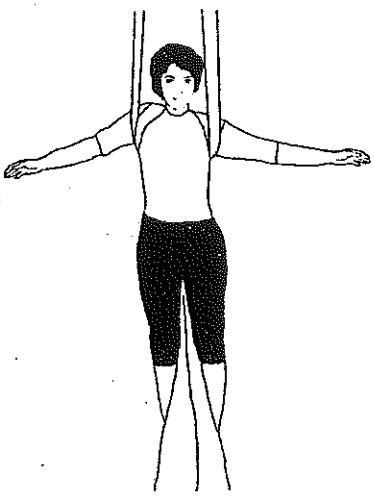

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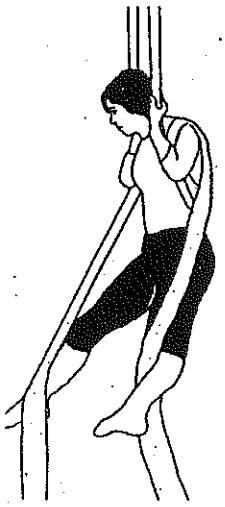

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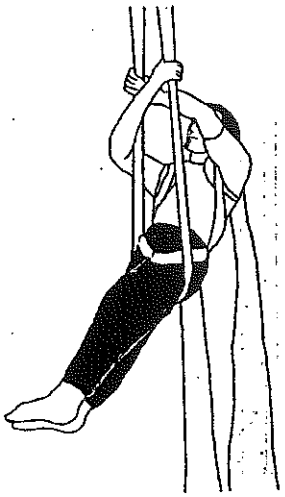
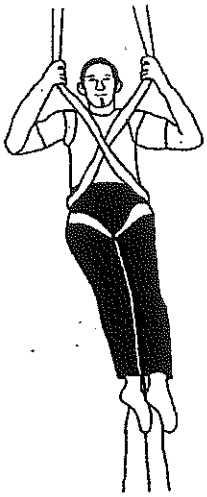
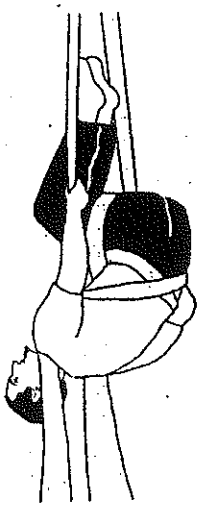
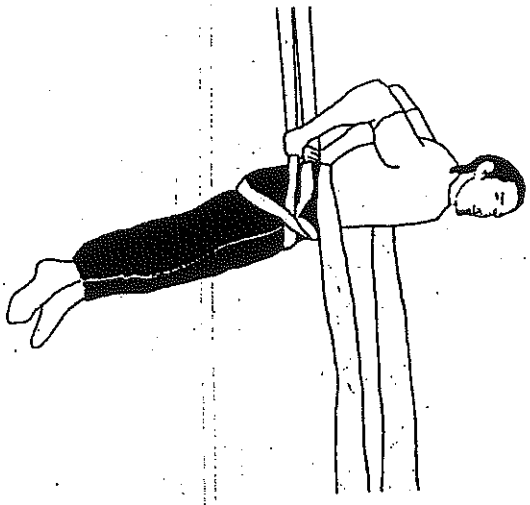




Préparation Chute la Mouette Plongeuse 1 et 2





Préparation Chute la Mouette Plongeuse 3 et 4

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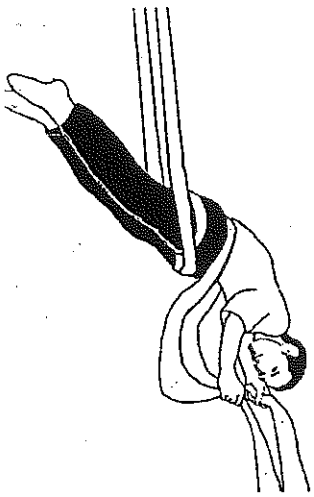

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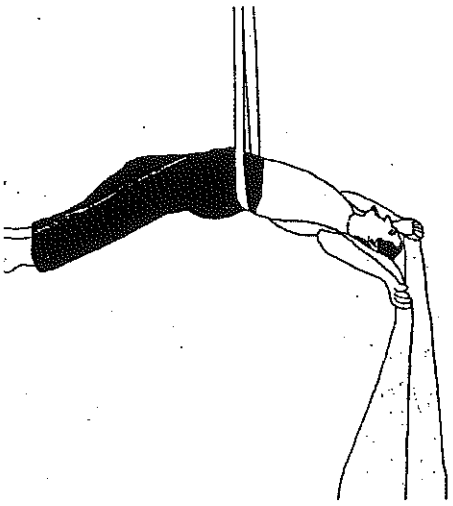

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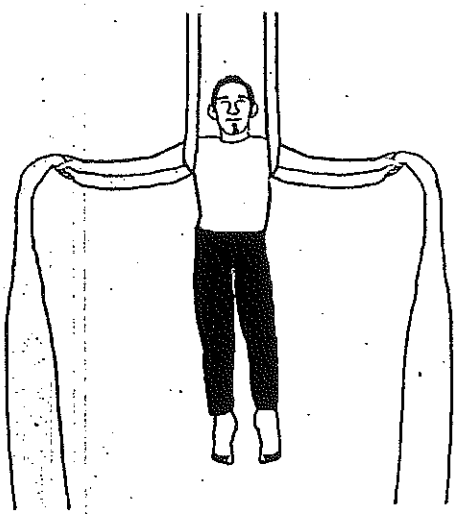
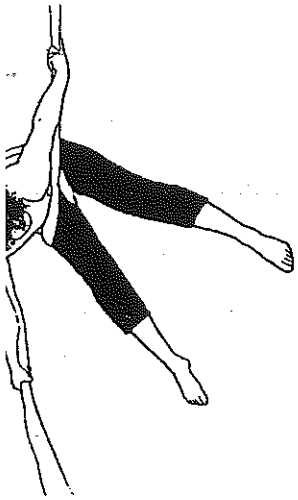


Chute la Mouette Plongeuse fin

Les Chutes



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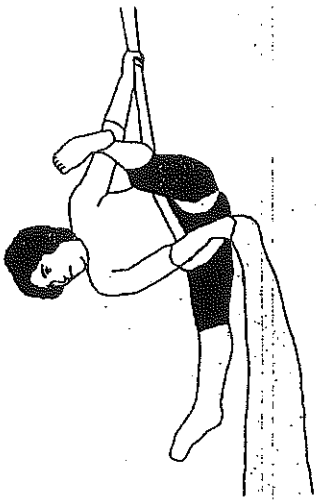
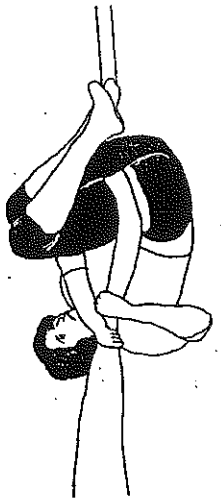


Préparation Chute Ciseau-Pantalon 1



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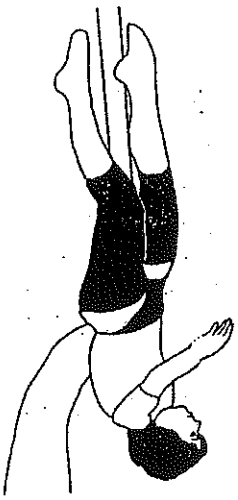

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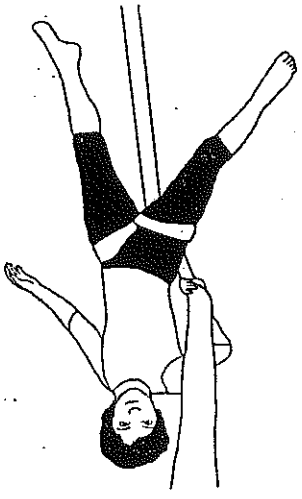

Chute Ciseau-Pantalon Fin

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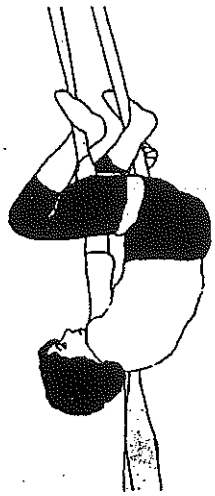

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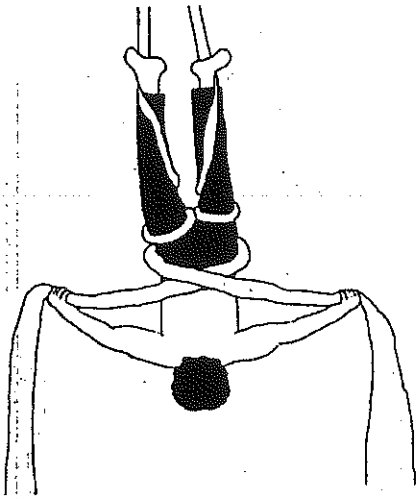

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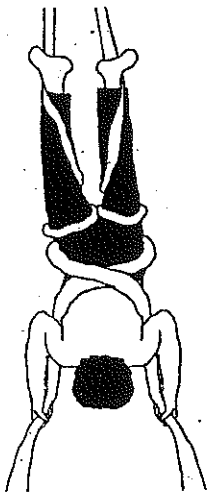

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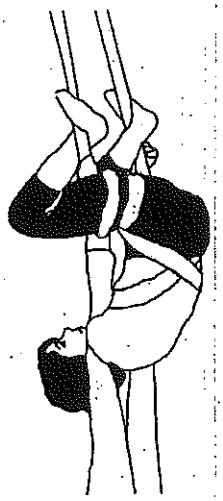
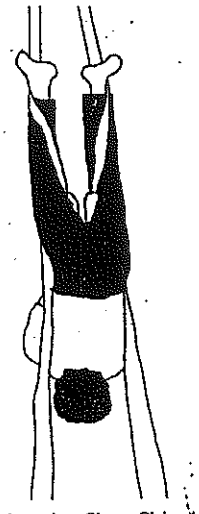


Préparation Chute Fanny 4

Préparation Chute Fanny 5

Les Chutes



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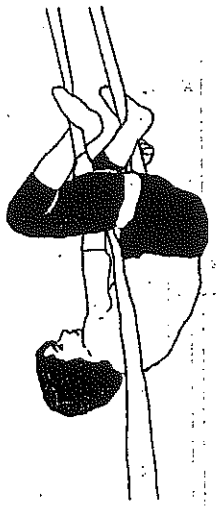

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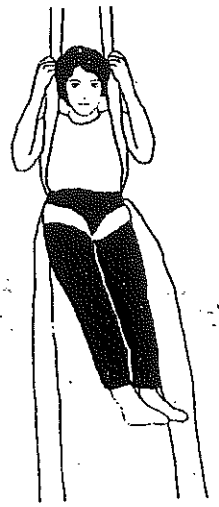


Préparation Chute Claire 3

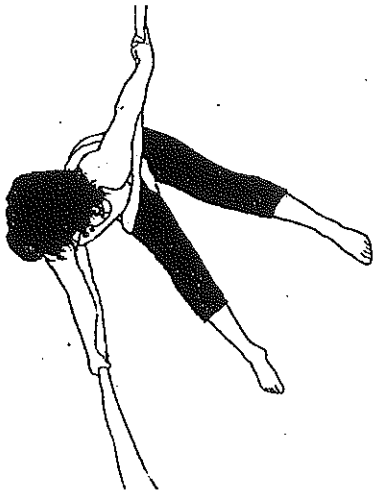
Préparation Chute Claire 4

Préparation Chute Claire 5

Préparation Chute Claire 6

LES DESCENTES

Les Descentes



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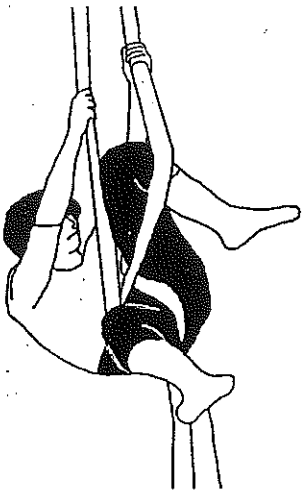

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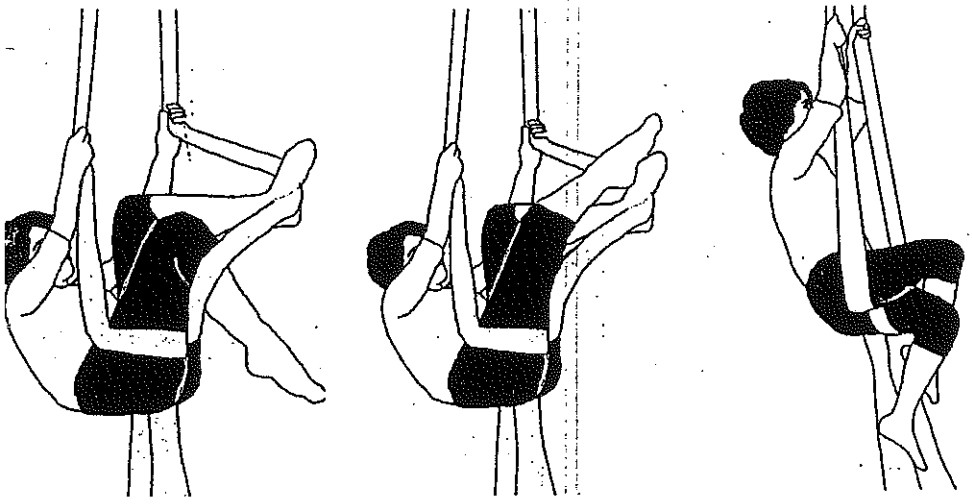

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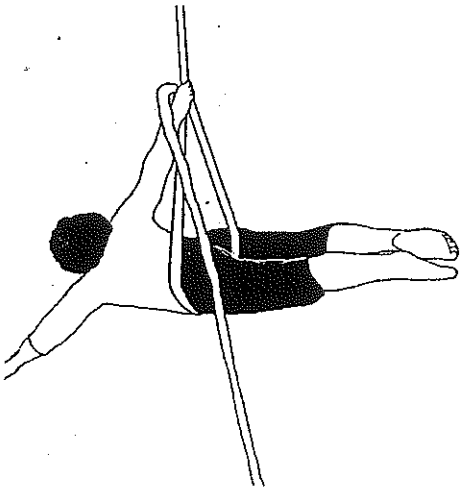
à Marc Gauthier pour m'avoir fait découvrir la corde
et à Macintosh

Les Chutes
(De Ciseau)



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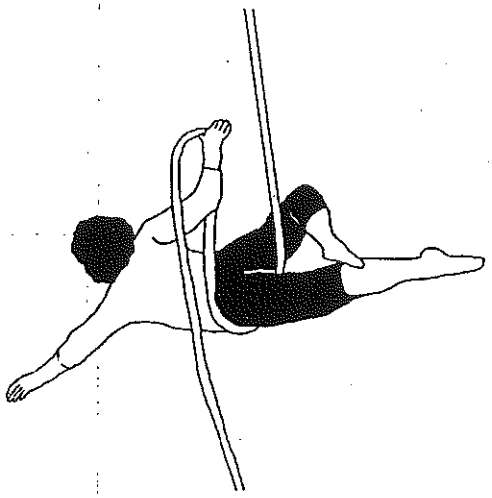

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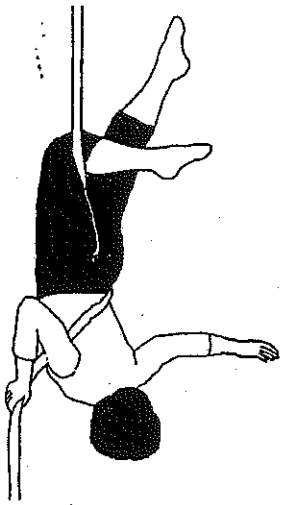

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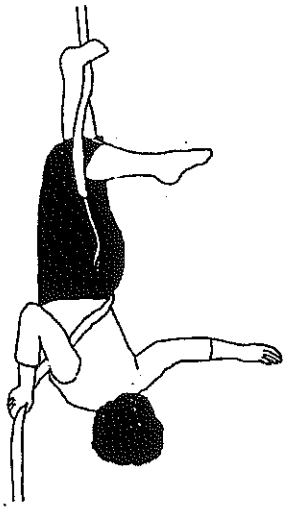

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